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How to Live
and Stay Young

LACHENMAIER

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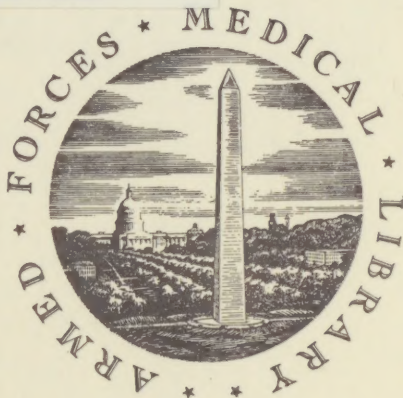
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✓ **How to Live**

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A Guide to Physical and Mental
Poise

✓ By

✓ **WILLIAM LACHENMAIER.** ✓

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DEDICATION.

This Book is dedicated to those who believe in the development of perfect manhood and womanhood, to the end that life may be enjoyed in the fullest degree without disease of flesh or brain.

HEALTH.

Seek you first the knowledge
Of the Laws of Health,
Which are not taught in College
Not purchased by your wealth?
Seek ye late and early,
Seek ye everywhere,
To gain that gem so lovely
The bloom of Health so fair

You can not gain it waiting
Nor hoping for the best,
Nor by improper living,
Nor by improper rest.
You can not gain it whining,
Nor wishing you were well,
Nor reading all the fairy tales
That "Patent Fakes" will tell.

If you would gain this knowledge
A laggard do not be,
But buckle on your armor
And get full of energy.
Just learn the laws of Nature,
Obey all her commands;
The key to find the teacher
Is now within your hands.

If you disease would master,
And health regain once more,
Take all your dope and plaster
And throw them out the door.
If you for health are wishing
And for manly strength desire,
Send all your Fakirs fishing
And call on LACHENMAIER.

FOREWORD.

This little book is intended to help its readers to health—physical and mental. Reading it will help you, but its mere reading will not make you well or keep you well.

Health is positive. The only way to get it and to keep it after you have it, is by positive action. You must obey the rules of health and that means that you must do things that are difficult sometimes.

You must exercise your body scientifically. You must breathe deeply. You must attend to your diet, to your bathing, to the natural functions of your body. All these things take time—not so much as you might expect—but time.

And they require thought. There isn't any such thing as perfect physical health and efficiency without mental health and efficiency. The mind must be kept in healthy condition; the will must be kept positive and strong; the mental processes must be poised and balanced. There must be the will for health before health can be had.

I want you to read what I have written here. I have put it in short paragraphs, each one of which carries its own suggestion to you. Perhaps the suggestion will be toward a matter

of personal hygiene. Perhaps it will be a suggestion toward sane, health-giving thought. Perhaps it will combine both. Perhaps it will be only a paragraph which will make you laugh. For laughter has its important place in the scheme of health.

This book consists of condensed knowledge. My object was not to see how large a book I could write, but how many large books I could condense into one small book. This book was not written on someone's fad or theory, but is made up of cold facts proved by many years of experience and practice. If you want to receive the full benefit of this book, you must not only read it once, but a dozen times and make it your daily companion.

And when you have read this book, if you will live up to what you will find upon its pages, you will wonder to find yourself feeling stronger and better in every way. You will find your mind working more efficiently; your bodily functions going on more regularly. You will, in short, find the greatest of all things—HEALTH.

EXERCISE.

The man lives the longest who wisely divides the activities of his life between brain and muscle.

Activity is the law of life. One cannot be healthy in body without daily physical exercise, nor mentally vigorous without activity of the mind.

Exercise is imperative—not to make big strong muscles, but to make strong organs and internal health.

The man who overworks brain, nerves and stomach all the time, without proper use of his muscles and without proper rest, must, sooner or later, become a physical bankrupt. He continually poisons his body with unused food and tissue waste. This leads to improper functioning of the digestive organs. The eliminating organs fail to throw off the waste products and this poisonous waste matter is thrown into the circulation, making the blood impure and muddy. And impure, muddy blood, when it gets to the brain, makes clear thinking impossible. It is this condition that breaks down thousands of professional men just at the time when they should be at their best. Therapeutical exercise averts this condition. It provides the only real way of nourishing both body and brain.

You ask, what is Therapeutical exercise? Therapeutical means health giving. And therapeutical exercise is health-giving exercise. It is exercise reduced to scientific principles. Exercise so applied as to build up the organs that are weakened by any cause and restore them to their proper strength.

Scientific exercise is the only real way of feeding the body. Activity is necessary in order to draw the food from the blood into the body.

One of the greatest secrets of health is proper elimination. Proper elimination can only be accomplished by proper respiration and proper circulation. And proper respiration and proper circulation cannot be had without activity.

If air and water do not move they become stagnant and polluted. The same law applies to a man. Probably those who have led a passive life for many years will not like this, because they do not believe in moving. They are lazy and inert, semi corpses, not quite dead enough to bury. They are living on old tissues and they can't regenerate those tissues without activity. And it's only a matter of a short time when they'll have to stop living on the old tissues because they will be worn out.

The man or woman who lives correctly, is constantly changing tissue. The old tissue is being burned up and the ashes and clinkers resulting from the burning up are being expelled from the body through the eliminating

organs, the lungs, kidneys, bowels and skin. And the blood, enriched by proper food, is being forced by activity into the body where it performs its function of building new tissue.

This process of tearing down tissue and rebuilding it is called metabolism, and on the rapidity and regularity of one's metabolism depend one's health and strength. The process of tearing down and building up is life. When it stops completely, you are dead. When it is only going on half as actively as it should you are half dead. And that's what is the matter with thousands and hundreds of thousands of the American men and women of today. Is that what is the matter with you?

ABOUT BREATHING.

Fresh air is absolutely indispensable to the business of living. You may go for weeks without food and for days without water, but cut off your supply of air for a couple of minutes and you are through.

Breathing is the one thing that you begin to do when you are born and continue to do without intermission until you are dead.

And yet breathing is something that the average man knows little or nothing about. And improper breathing is responsible for a lot of sickness and general bad bodily conditions.

Try this.

Take a military position. Heels together, knees straight, without stiffness, body erect and inclining slightly forward on the hips. Shoulders down. Chest raised. Inhale, slowly and evenly while you count four to yourself. At the count of four, the lungs should be full. Then stretch the chest, holding the breath to the count of two. Then exhale slowly and evenly to the count of four. Hold the breath to the count of two. Then inhale as before and repeat the exercise from half a dozen to a dozen times. As you progress you may increase the inhalations and exhalations to the count of seven and hold the breath to the count of four.

If you perform this exercise properly you will find it a greater tonic than anything that ever came out of a bottle. If you are tired, or nervous, or worried, open your window or step into the fresh air and try this exercise. You will marvel at the sense of well being that it brings; at the way in which your nervousness and depression seem to leave you.

There's a reason, as the food manufacturer says. Your system was starving for fresh air. Your ordinary shallow breathing didn't supply enough oxygen to purify the blood and carry off the waste materials in the lungs. So you felt badly. When you oxygenated your system by proper inhalation of fresh air you relieved the wrong conditions and felt better.

Office workers, business men and others who concentrate for considerable periods on their tasks will find their efficiency increased fifty per cent if they will devote five minutes or even two minutes of every working hour to this exercise. It isn't wasted time nor is it time you can't afford, because you will work better and faster and think more clearly after the exercise.

HYGIENIC REMARKS AND PARAGRAPHIC HEALTH HINTS.

Every individual is a law unto himself.

The nearer you keep to Nature the farther away you will be from sickness.

Do not let fear be your master, learn to master fear.

Understanding your ailments is the first step toward curing them.

Is life worth living? Only if you have life's greatest blessing, Health.

Feed the blood right and the body will be right.

Some think they know, but they neither know nor think.

God helps those who get busy and hustle while they wait to help themselves.

Poisoned food will build a poisoned body and a poisoned body means pain, sickness and death.

Blood is not made by drugs or faith. Sunlight, pure food, pure air and pure water are the things that make blood.

The normal condition of the body is health. Disease is abnormal.

The body has been often called the Temple of the soul. Practical religion therefore, includes proper care of the body.

Vitality is destroyed by worry as swiftly as tow is consumed by fire.

While health is a normal condition, disease is not an accident. For every pain you suffer there is a cause, and that cause is wrong living.

Your body contains within itself the means of self cure and repair. And when you start to help Nature instead of fighting her and violating her laws, you start the process of healing.

Adulterated food will not only poison the body but starve it as well.

You give good treatment to a machine that is placed in your care. But you neglect your body. Yet no machine will respond so readily to good treatment as your body.

You hear a lot about getting back to nature. The better plan is to try to catch up with her.

Ignorance does not excuse a mother for raising sickly and defective children.

There is but one healer and that is Nature. She has no rivals.

You can violate the laws of Nature, but you cannot break them. If you try to break them, they will break you.

It is not possible to restore the dead to life. But we can keep the living from dying before their time.

Learn to be the master of yourself, to control your thoughts, your desires, your appetites and your fears.

Keep alive your spirit and energy, for apathy is the begetter of disease.

The sedentary man should not eat like a day laborer for it takes the day laborer's work to assimilate the food he eats.

If you buy an automobile you first learn how to run it. How many of us have learned to run our bodies properly? But the body is the most delicate and most valuable machine that any one of us will ever be intrusted with.

Ignorance, incompetence, inertia and intemperance are four of the greatest enemies of health. And intemperance, in food, drink or anything else is the greatest of the four.

You can get sick in a thousand ways. There is only one way to get well.

Food, air, water and sunshine nourish the body; rest repairs it and exercise develops it.

Keep your eye on the bright side of things. Remember, the mummy hasn't had any fun for two thousand years.

That which you greatly desire, strongly resolve for and earnestly strive for shall not be denied you.

The best thing you can do for your fellow man is to teach him to help himself and that is the best thing I can do for you.

Your body is a factory, manufacturing life and energy; storing up the good and throwing away the rubbish. But in sickness the processes of the factory are slowed up and often stopped.

The least injurious remedies for the relief of constipation are Internal Baths, Sodium Phosphate, Epsom Salts, Pluto or Hungarian Bitter Waters, Hot water and common table salt, a teaspoonful of salt with one-half of a glass of hot water, Wyeth's Glycerin Suppositories. Remember these are all emergency remedies and only for immediate relief. To cure constipation, hunt out the cause and remove it.

The man who advises "right living" has less reason every day to apologize for treading on people's corns. He isn't preaching. He is teaching and talking from proven facts.

The wise, for health on Nature's remedies will depend. God never made His work for artificial means to mend.

Any person who works indoors should take at least a five mile walk each day with habitual deep breathing.

Do not think that sickness is the common lot of man. It comes only to him who has not realized that within his own power is the control of health.

There is only one way to purify the blood and that is with oxygen. So there is only one blood purifier that you can use and that is the lungs. Learn how to use them and then use the knowledge you have acquired.

The human stomach is the most abused organ of mankind and the most long suffering. But when it does rebel then there is trouble and plenty of it.

Corrective and symmetrical development bring together in harmonious operation every muscle and organ of the body. And harmony is health.

What we need at the present time is more teachers and fewer curers and healers. More preventers of disease and fewer menders of the body.

You hear much of the intemperate use of alcoholic liquors, but the harm thus wrought is nothing compared to the evil brought about by intemperate eaters. And one of the most earnest workers against alcoholic intemperance I ever knew was a glutton at the table.

You pay careful attention to the diet of a fine horse that you happen to own. You wouldn't feed him excelsior and shavings. Do you watch your own diet half as closely?

Life is a constant succession of dying and rebuilding. Some of your tissues die every hour and must be replaced. The only material that can replace them is the food you eat. Are you building with good material?

"Cleanliness," said the sage, "is next to Godliness." And it is the first essential to health. Bathe the body frequently, inside as well as outside.

You can't make a fire burn without oxygen. The waste materials in your body are burned up and unless you have a constant supply of oxygen the fires will go out. The only way to obtain oxygen is by breathing plenty of fresh

air. So don't forget to stock up with oxygen at frequent intervals.

Pain is a symptom. Drugs that allay pain merely quiet the symptoms which Nature has sent out as danger signals. Find the cause of pain and remove the cause. Then that pain is settled forever.

The more air you get into your lungs the more life will you get into your brain and nerves and all your organs.

Hard labor doesn't develop the muscles symmetrically. The over exercise of the muscles used in habitual toil must be balanced by scientific exercise of those unused.

Spend time learning how to gain and retain health but also spend time putting into practice what you have learned. Don't sow continually without reaping.

You may know everything there is to learn about health but if you do not apply your knowledge you are no better off than the most ignorant man in the world.

A cheerful disposition adds to the vitality of the body, just as a sunshiny day adds to the vitality of the world.

Don't be afraid of fresh air. Be sure that it circulates through every building and every room you occupy. It doesn't have to blow through but it should go through.

Don't worry about what you have done or what you used to be. Today is what counts.

Don't fall into the common error of believing that exercise alone will keep a man strong and well. You may exercise with all the science in the world, but if you do not attend to the other essentials, food, air, water and personal hygiene, you will derive no benefit from it.

Big muscles are not a sign of vitality. Many a big muscled man has gone under because he lacked vitality and many a man with small muscles has lived to a green old age because he maintained his vitality.

Physical and mental education are matters of growth and therefore they take time. They cannot be jammed into the body in a few minutes and the man who tries to do it is flirting with the undertaker.

Constipation is the greatest enemy to health. Constipation means self poison. And self poison inevitably means that payment must be made in pain and sickness. Therefore watch the bowels and see to it that they perform their functions thoroughly and regularly.

Cultivate the habit of diaphragmatic deep breathing, correct carriage of the body, balanced internal and external exercise. And also cultivate the habit of rest, which means complete relaxation, proper sleep and sufficient recreation.

You may think you can't spare time to care for your body. If you do not spare that time you will have to spare time for a lot of sick-

ness and you may have to spare a good many years of your life.

Two things happen to food when it is taken into the body. It either digests and builds up the body or it ferments and rots and poisons the body. The right food doesn't turn into poisons.

"Be sure your sin shall find you out," says the Bible. It may be a physical sin like gluttony or a moral sin like evil thinking or a mental sin like worrying. Whatever it is it will leave its impress on your body and injure your health to a greater or less degree.

Cut out fear, jealousy, envy, hatred and all uncharitableness. Cultivate cheerfulness, kindness self control, will power and poise and you won't need to hunt up a healer or a curer.

"Health is wealth." That's an old saying and a true one. Therefore no price is too great to pay for health. Ask any sick man, he'll tell you that he would give all he has for his health. But few men think health is worth protecting until they lose it. And many of them will cheerfully pay out large sums to become sick and then begrudge the money and time and effort necessary to get themselves well again.

It is an easy thing to be happy and gay when life goes on like a song, but the man worth while is the man who can smile when everything goes dead wrong.

The juices of the body are both acid and alkali. In health they are balanced. In impaired health one or the other is likely to predominate. If you suffer from indigestion try an experiment by eliminating acids from the diet and in many cases you will find the digestion is perfect until you take on acids again.

Nature is a kind mother and a great healer. But she isn't going to find time to keep you from killing yourself with impure food, lack of air, lazy physical habits or any of the other causes of disease. It's up to you to avoid these things. If you do, Nature will take care of you.

Hot, ill ventilated rooms, damp air, damp bodies, an overheated and perspiring body suddenly exposed to draught or cold are certain to decrease vitality to such an extent as to bring on sickness and in many cases death.

Don't eat unless you are hungry. Appetite isn't always hunger and the appetite that you create by stimulants, high seasoning and similar wrong things is worse than none. Eat what you need to satisfy your hunger, chewing each mouthful thoroughly. Then when you have had enough—stop. Many a man has doomed himself to a dyspeptic's anguish because he didn't know enough to stop eating when he was through.

A headache powder doesn't touch the cause of a headache and a dose of salts doesn't hit the cause of constipation. Dig down to the

root of the trouble and then get rid of the root. Nine times out of ten the root is wrong living.

God never created sin, sickness or death. They are man made evils and man made them by defying the laws of Nature and of Nature's God.

There isn't anything more important in the world than health and there isn't any subject that is more worth your while to study. Why should you begrudge a half an hour a day to the study and practice of rational health work when you can spare two hours for some amusement that doesn't benefit you even if it doesn't harm you?

Scientists have discovered that worry will often cause organic disease because it lowers the resisting power of the body. This being the case, worrying is not only a bad habit but it is a positive sin. And it is about the most useless sin that anybody can conceive of. If you are given to worry, grab hold of yourself and quit it.

Waste tissues, undigested portions of food and similar garbage in the body are active poisons. The bowels, kidneys and skin are the means provided by nature for throwing these poisons out of the body. If each of these organs is not working to its full efficiency you are carrying around a lot of deadly poison in your body and are probably wondering why it is that you are so unfortunate as to have sick spells.

A calendar isn't of any use in a grave yard. And the time you save by neglecting your body is likely to be spent right there where time doesn't count for anything.

I have often heard the statement that most athletes die young because of over exercise and too much development. I have been told that it is dangerous to develop the lungs to their full capacity. The fact is that the athletes who die young mostly die from high living and dissipation. Which goes to show that the best physical organism will break down under improper living. Don't be afraid to develop your body any more than you would be afraid to develop your mind.

Thought, properly directed, exerts a tremendous influence for good, just as wrong thinking does harm. The diseases of a hypochondriac can be cured by mental healing. And real diseases can be cured by proper thinking along healthy, wholesome lines, aided by application of the rules of health and hygiene.

All life consists of the two processes, waste and repair. The working of the machinery of life constantly consumes the tissues and this consumption must be balanced by reconstructive processes. If this balance is maintained the body continues to be strong and healthy. If the process of rebuilding is greater than the waste, growth and development and added strength result. But if the waste of tissue is not balanced or exceeded by repair, weakness

and decay become evident and health and vitality become impaired. The more rapid and constant the process of waste and repair the better the health. Therefore I have based my system of therapeutical exercises on the rapid exchange of tissue, which is the secret of good health. It may be stated as a fact that a man is as old as his tissues—not only as old as his arteries, which latter is a familiar medical statement. If, therefore, your tissues are constantly renewed you are maintaining youth. This can be done. I have done it myself and what I can do you can do. It is all in learning how and—after learning, applying the knowledge.

Vitality is to some extent a matter of inheritance. The man who comes from generations of hardy men and women, accustomed to life in the open and to the healthful influences of nature, has naturally a better heritage than the man bred of city folks and reared in the devitalizing environments of city life. But, the man with the splendid heritage of vitality may dissipate it by wrong living and unhygienic practices. The man who comes into life with a smaller stock of vitality may increase and build up that vitality by proper living. So that correct habits of life, no matter what may be the family history and no matter what may be a man's environment, are the real essentials which determine whether he shall live a full, vital life or lead a weakened, half efficient existence.

We do not pay attention enough to what enters the stomach. There is only one cell builder and that is blood. There is only one blood builder and that is food—accompanied, of course by the other necessities of life as air and water. And there is only one way to take food and that is to put it into the stomach. The stomach, therefore, should be regarded as the center of the human body. I know that at least nine-tenths of the ills that humans are heir to arise from abuse of the stomach. Therefore, guard well the stomach. See to it that nothing enters it that is not sure to perform the one function for which things are put into the stomach, to nourish and strengthen and build the body. Avoid adulterated, poisoned, innutritious foods. Learn the things that assimilate and make good blood and put them into the stomach. Learn the things which fail to nourish and which poison and injure and then avoid them as you would avoid a pestilence. For they are even more dangerous than a pestilence.

Nature the Builder.

Do you ever stop to think of Nature as a great builder? She stands unrivaled, and Time is her greatest worker. It takes Nature a good many years to build a completely developed adult, human body. And her work is so good that it will often endure years of abuse before it shows signs of injury.

But, remember, when the injury does show, that Nature is going to require time to cure it. A condition that has been developed through years of wrong living isn't going to be corrected in a week or a month. But you will find that Nature lets you know that she is at work on the repairs as soon as you give her a chance. Nature will rebuild, revitalize, remake and regenerate a body that looks like a wreck. But it takes time and patience and Nature must be assisted by hard work, sacrifice and intelligence. You may accept it as an incontrovertible fact that the man who violates the laws of nature will suffer for it. He may get away with it for a long time but in the end he will have to obey the laws of Nature and act in harmony with her dictates or reap the wages of sin, which is death. For, as I have told you before, wrong living against Nature is as real a sin as many of the things from which you daily pray to be delivered.

The body of a man is the only instrument given him by his Creator with which to do the work of this life.

When a man comprehends this positive fact, he has learned the fundamental truth which will lead him to health and happiness.

But the mere learning of the fact, the mere knowledge that it is true will not help him on the road.

Knowledge without action is valueless. He must apply the truth. He must learn how to

take care of and use his body with as much intelligence as he would give to an intricate and delicate piece of man made mechanism.

A watch is useful and gives satisfaction only when it is wound regularly, kept clean and handled with care.

If the average man would give half as much consideration to his body as he gives to his watch, health and happiness will be assured him.

A broken-down watch can sometimes be repaired and it can always be replaced by a new watch. A broken-down body can generally be repaired but it is the only body you will have in this life.

Mental and physical sickness are mainly the results of ignorance. The quickest and safest way to acquire knowledge is to listen to a teacher who can impart the desired truth.

And when a man has learned HOW to do these things, he must DO them.

Exhausting exercises produce a collapse of the nervous system and prevent the digestion of food eaten before or afterwards, therefore, hard work or exercise, physical or mental, may destroy the appetite if carried to the point of exhaustion.

Rest and Rust.

Old age is a rust that follows idleness. No person has a right to rest continually, for con-

tinual rest means rust. No person has a right to retire from all the activities of life until he retires from life itself. With a mind and body given you to work with, it is a moral crime to pass the time in idleness. The unused machine will soon rust and become incapable of work. Gain and hold command of your faculties and never forget that they can be kept at their highest efficiency only by constant, well directed activity.

In mature life we eat to repair waste and to keep warm. In the period of growth we must also eat enough to supply the need for new tissues and their development. The waste of the mature body is in proportion to the exercise taken. If you take little or no exercise, you require so much less food. And because the sedentary man doesn't know this is the reason why the majority of middle aged business men are sufferers from auto intoxication, hardening of the arteries and other degenerative troubles that oughtn't to make their appearance before the age of seventy or eighty.

All that a man hath he will give for his health when once he has lost it, but seldom a dollar for instructions how to preserve it. And seldom fifteen minutes a day to preserve it, after he knows how.

A Word About Germicides.

We hear a great deal nowadays about germicides. But we hear little about the greatest

germicide in the world. Probably because it is within the reach of everybody and can be obtained without cost; without going to a doctor and doesn't have to be used with a syringe. For when a thing is common and inexpensive it loses its value in the minds of the unthinking.

The name of this germicide is—FRESH AIR. Fresh air, with its kindred antiseptic, sunlight, will kill more germs than all the serums ever invented and the person who relies on these germicides and backs up their therapeutic and prophylactic properties with rational living is pretty certain to enjoy good health all his life and live to a green old age.

"As we sow, so shall we reap." As we prepare the way for disease, so shall we suffer from disease. If we gratify every whim of our palates, if we eat with the eye rather than with the intelligence we cannot at the same time blame God for our sickness. The fault is with ourselves and with our wayward, selfish, unthinking habits of life.

A Sure Sign.

Your tongue and the back of your throat reflect the condition of your stomach and bowels. When your tongue is coated white it is an absolute sign that you are carbon poisoned, which means that you have been over eating in starchy foods, sweet or fats.

When your tongue is coated yellow, it is an absolute sign that you are proteid poisoned, which means that you have been over eating in tissue building foods. The proteids predominate in such food as meat, fish, game, poultry, beans, peas, lentils, cheese, eggs and milk.

If your tongue is dry and your throat parched, it is a sure sign that you are acid poisoned from either too much sweet or sour fruit.

If you have a dark brown taste in your mouth, it is a sure sign that you have been over indulging in alcohol drinks.

If your tongue is coated, your throat inflamed and you are expectorating mucus, it is a sure sign that you have been over indulging in all kinds of starchy foods.

If you are wise, these instructions will guide you to diagnose your own case.

HYGIENIC SUGGESTIONS AND RULES FOR THE CARE OF THE BODY.

These rules must be strictly adhered to if you are not in good health, otherwise the balance of your instruction may be a waste of time. You cannot build a good house of poor material, nor can you build a healthy body unless it is properly nourished.

The building material for the body is pure food, air, water and sunshine. The builder is proper exercise and proper rest.

Masticate your food until liquid. You have five processes of digestion. The first is the mouth. If the first is right all the rest will be right. If the first is wrong all the rest will be wrong.

Never eat white bread unless stale or toasted. Whole wheat bread, home made, is the most perfect food you can eat, and the best flour to make it from is Franklin Mills. The mills are located at Batavia, N. Y., and you can ascertain from them the most convenient place to buy the flour. Don't be fooled and buy some "just as good." There is none. All canned goods are dangerous. Avoid soups in hotels. Soups are not fit to eat unless the soup stock has been allowed to stand until cold and the tallow skimmed off. When you have no appetite miss a meal.

Dyspeptics should avoid everything fried, everything sweet, and cold drinks. Fried pork, beans, fried potatoes, fried eggs, fried sausages, fried fish, sauerkraut, cabbage, pork and beans, buckwheat cakes, doughnuts, fried oysters, fresh wheat bread, fried onions and veal are almost as bad as poison for a weak stomach.

Avoid all pappy and soggy starches in breakfast foods and in all kinds of bread, cake, cookies, pastry and potatoes.

Never chew gum and swallow the saliva.

Eat no raw fruit if your stomach is inclined to be acid.

Never use sugar on any starch or breakfast foods.

Never drink water and eat fruit at the same time.

Never drink milk; sip it and mix it with saliva.

Milk should never be eaten with meat or fish.

Acids and sugar do not mix well with milk.

The best way to eat milk is with old stale bread and make a meal of it. All milk should be pastureized unless it is fresh from the cow.

Never eat fruit when you have diarrhoea.

Never eat when tired or exhausted; better rest for half an hour.

Never eat food that nauseates you.

Never eat cold storage meat, fish, poultry, eggs or butter.

Never eat nuts, unless you intend chewing them a hundred times or more.

Never drink water with your meals, unless it is hot. And never use it to wash down your food.

All fish must be perfectly free from decay. The least decomposition is a violent poison.

Never drink water or other liquid at a lower temperature than sixty degrees Fahrenheit, if you have a weak stomach.

All cold drinks must be sipped, not drunk. This alone will avoid many aches and pains. Icewater is the devil's own invention.

Drink nothing but hot water when you have diarrhoea, or sip hot milk.

When your stomach is sour or full of gas, you feel tired and exhausted, which means malnutrition.

The best way to correct malnutrition is to cut out a meal and drink nothing but hot water.

Meat, cheese, flour, nuts, most cereals, pastry, sugar, candy, cake, and all concentrated foods constipate; while vegetables, soup, fruit and all liquids loosen. Warmed up meat is almost worthless. Never touch twice cooked meat; better go without.

Avoid fat and rich gravies.

Never drink water and eat food at the same time.

Never walk bare-footed on cold floors.

Never go out in cold, damp air with wet hair.

Avoid draughts at all times, but be sure and have fresh air always, especially when sleeping.

Avoid an over-heated room.

Over-eating or gluttony is one of the greatest physical sins.

Never take a hot or cold bath unless the temperature of the bathroom is from 80 to 85 degrees Fahrenheit.

Always take a hot bath or cleansing bath just before retiring.

All baths must be taken on an empty stomach.

The best stimulant for the body when tired or exhausted is complete relaxation.

Avoid all dirt and dust. Cleanliness is next to Godliness.

When you are well you can eat what you like, but when you are sick you must eat what you need.

Life is merely varied activity. Activity depends upon the chemical burning of the body. As in any fire carbon is the necessary fuel. Carbon to burn and oxygen to burn it in produces life, therefore, develop your lungs and get all the oxygen you can.

About seventy per cent of the daily food should be carbon, which produces heat and energy for the body.

Carbons are fat, starches and sugar.

About fifteen or twenty per cent of the daily food should be proteids, which are the tissue builders for the body.

Carbon comes most easily from the vegetable kingdom.

Proteid comes most easily from the animal kingdom.

If the ratio of carbon to proteid is not maintained, sickness follows.

Delayed digestion is the one great cause of disease.

Prompt digestion requires a healthy membrane of the stomach.

This membrane is injured by all stimulants, such as coffee, tea, alcohol, too much acid fruit, and by medicines also.

An injured membrane cannot properly digest any food.

It is also injured by starch foods in unsuitable condition.

Fried foods, fried fat, cake, pastry, baking powder and alum made bread produce acidity of the stomach at once.

Acidity of either the stomach or saliva interferes with digestion.

The mouth is then dry and the taste unpleasant.

Rheumatic persons have this acidity.

Acidity prevents the digestion of starch foods more than any other kind.

Both acids and alkali are necessary for digestion.

Acidity of the stomach is caused by delayed digestion.

Delayed digestion is caused by indigestible food or unsuitable food for that particular person.

A cold is evidence of low vitality and extra sleep hastens a cure.

A heavy evening meal prevents a refreshing sleep.

Do not read, study or do mental work of any kind right after a meal.

Foods that you like are more easily digested than foods that you do not like.

Many foods that are suited to the palate are not suited to the stomach.

The best underwear is silk, and should be worn next to the skin. The next best is linen. If you need more warmth put light wool over the silk or linen.

Thin soled shoes or slippers cause constant loss of vitality. The heavier the soles of the shoes the better.

Shoes or clothing should never be worn when damp.

Salt is a germ killer and a splendid anti-septic.

Germes that float in the air enter the body through the mouth.

Nose breathing keeps such germes from entering the body.

When walking out of doors form a habit of deep breathing.

A pressing pain in the region of the stomach and chest with shortness of breath is a sign of acute indigestion. For relief sip hot water or

take one-half teaspoonful of salt with two tablespoonfuls of water and repeat if necessary.

Fried meat is indigestible when hard or crisp.

A teaspoonful of mustard in a pint of lukewarm water constitutes a valuable emetic.

The combination of sour and sweet leads to rheumatic and neuralgic conditions.

Too much sour fruit tends to produce catarrh or ulcers of the stomach.

Coffee retards digestion; it should, therefore, be avoided by dyspeptics. It excites the brain and produces insomnia in certain persons. Tea is worse than coffee.

The body is insulated when dry. Its vitality is kept in by its insulation. Dampness draws off its life and wastes it.

Catarrhs are inflammations in the membranes of the body. They appear in the nose, throat, lungs, air passages, stomach, liver, kidneys, intestines, bladder, etc., and generally develop very gradually. Catarrh weakens and destroys the membranes. Membranes perform important functions of life. Their functions cease or lessen when catarrh is present. Catarrh of the throat or nose is least dangerous. Catarrh of the air passage is bronchitis. Catarrh of the stomach is gastritis and is the most dangerous form of dyspepsia. Catarrh is caused by indigestible foods, wrong combinations of food, and by adulterations of food and drink.

Disease requires a combination of three conditions. The specific germ must be admitted. The soil in which it thrives must be in the body. The vitality must be low enough to permit it to live.

GermS are of two classes, the good and the bad. The good are required in building the body. The bad seek to tear down the body.

A strong vitality devours almost all evil bacteria.

Easy exercises or a light walk out of doors fifteen minutes after a meal aids digestion. Hard and violent exercises retard digestion.

* * *

A dyspeptic or neurotic must cut out all tobacco and all alcoholic drinks of any kind. A person with an acid stomach should not eat any fresh baked starches, such as bread, cookies, coffee cake, biscuits, rolls, cake and pastry.

Fresh, pure air is for the lungs what pure, wholesome food is for the stomach. You need both to build a healthy body.

A small selection of food rightly combined is a good deal more healthful than a large selection of all kinds of incompatibles mixed together. The oftener you change your food and the smaller your selection the healthier you will be.

Sedentary people should eat meat only once a day at the noon meal. Soup, meat, potatoes and one other vegetable with a light pudding

make a perfect meal. Eat no bread or other starches when you have pudding.

For breakfast eggs or cheese, cereals or bread, with a cup of health drink make a perfect meal.

For supper fish or eggs, one vegetable, cereal or bread with health drink make a perfect meal.

Don't wait until you are ready for the undertaker when you are sick. There is a beginning to every sickness. Therefore begin at the beginning to cure yourself. It will be easy to cure yourself at the beginning if you follow my instructions.

For any congestion, inflammation, swelling or muscular spasm apply heat at once and keep up until your condition is back to normal. The best way to apply this heat is by an electric pad, the next best by electric light, the next best is by hot fomentation, the next best is hot air and the last is a hot water bag.

The old axiom "That an apple a day keeps the doctor away" is not borne out by experience, for I have had thousands of pupils whose systems were not able to digest apples. But a five or ten mile walk daily, with correct carriage, in pure, fresh air, and pure, wholesome food with many other healthful habits of life, will keep the doctor away.

DAILY CARE OF THE BODY BY PERSONS WHO ARE NOT IN GOOD HEALTH.

Get up at six o'clock every morning in the summer time and no later than seven o'clock in the winter. Try to keep active for half an hour or more before breakfast and keep your meals about five hours apart.

After breakfast, if you go to work, walk at least one-half mile if not well; if well you may walk a half hour. Do the same after dinner and supper. When walking be sure and have correct carriage of the body and make your lungs take enough oxygen by proper breathing, which is as much an aid to digestion as a good draught is an aid to fire, therefore make deep breathing a habit, especially when walking outdoors.

The way to do this is to inhale through the nose while walking four steps; exhale through the nose while walking five steps. Keep this up while walking. This may be increased to inhalations for five steps and exhalations for seven steps.

The first thing to do in the morning after washing hands and face is to cleanse the nose by snuffing up a glass or two of lukewarm salt water, using one-half a teaspoonful of salt to each glass; then cleanse your teeth with salt

and finish up with salt water gargle and a glass of hot water in which a teaspoonful of salt has been dissolved. Cleanse your teeth and mouth after each meal. You are now ready for your morning exercises. See that your room is cool and be sure that you have nothing but fresh air while exercising. After the exercises, sponge off with cold water, dry the body and then rub hard with turkish towel or flesh brush. While sponging off or bathing the room must be warm, else go without. Repeat the exercises and sponge bath before going to bed.

Colds.

A cold is the commonest kind of human ailment. And everyone thinks he knows what causes the cold from which he may suffer. As a matter of fact, there is only one cause for a cold and that is the accumulation of sufficient poison in the system to afford a breeding place for the ailment. If your system is in perfect condition you will never have a cold. If the process of waste and repair is swift and complete and if all poisons are expelled from the body at frequent intervals, there is nothing for a cold to feed on and, therefore, a cold will not develop. What you attribute as the cause of the cold is merely the propulsive force which puts the cold in motion—not the cause. These propulsive forces are many. Damp feet, damp clothing, sudden ex-

posure to cold or draughts when heated; too much clothing or not enough clothing; stuffy rooms, crowded theaters, churches, street cars and other places where many people gather and so on. You know them as well as I do.

You need not suffer from a cold for a day if you know how to treat it and if you take prompt measures when you feel the cold coming on. Take an internal bath, by which I mean flushing the colon with hot water in accordance with the instructions given elsewhere in this book. Then follow this with a hot bath of five or ten minutes. Wrap yourself in blankets and go to bed. Stay in bed the next day and abstain from food but drink plenty of water, preferably hot, but cold if you cannot drink the hot water. The next day get up and go about your business and you will have completely forgotten that you ever had a cold. But it is better to avoid a cold than to cure one and the way to avoid it is to keep the body in such a condition that a cold has nothing to take hold of.

The old saying, "Stuff a cold and starve a fever" has been one of the most misunderstood of all the wise saws that have been handed down to us. Our forefathers who originated the saying were not so ignorant as they might have been. They knew that going without food was an essential in curing colds. But in order to put the rule tersely, they left out a few words. "Stuff a cold and you will be obliged to starve a fever as the result of

your foolishness" is the way the maxim should read. For many a fever and a fatal one at that has been brought about by ill advised eating while suffering from a cold. "Starve your cold and you won't have to do anything about a fever" is the maxim you should impress on yourself.

Habits.

We are each of us a bundle of habits, but the bad feature of this is that most of our habits are bad habits. It is easier to contract a bad habit than a good habit, but a good habit, once established is as easy to stick to as a bad habit.

Health is a habit and sickness is a habit. Growing old is a habit and staying young is a habit. You can make yourself just as young or just as old as you want to be. It is all in the mind.

That doesn't mean that if you simply think you are young you will stay young. But if you make a habit, not only of this thought but of acting in accordance with this thought, you will stay young. Keep yourself in touch with young things. Act as if you were young. Cultivate the society of young folks. Don't let people talk to you about getting old and for heaven's sake stop numbering your birthdays.

Here's a little good habit to start in on. Make a habit of drinking a glass or two of

hot water every morning, half an hour before breakfast.

Make a habit of regular bowel action. Make a habit of regular, systematic exercise. Make a habit of eating correctly. Make a habit of bathing. Make cheerfulness a habit. You will find the acquiring of these habits a pleasant task once you set your mind to it. Make a habit also of reading this book and applying the things I am telling you. It will pay you to do this.

How to Bathe.

Take one or two cleansing baths a week, the water to be about blood heat. Use pure castile soap and scrub the body hard with a flesh brush, or in place of soap use moist table salt. Wind up with cool water and rub hard with turkish towel. Put on your night clothes and go to bed. A sponge bath must be taken after exercises morning and night. Take cool water from faucet, use sponge or cloth, bathe chest and wipe dry with towel. Then bathe the abdomen and wipe dry; then the limbs and wipe dry; and end with feet. Then take a warm, dry towel and wipe the whole body until the skin is pink.

One who is not in perfect health should not take a cold plunge or lie in a cold tub for any length of time. The shock created is injurious to the nervous system. It is for this reason that the doctor insists on his patients cutting

out the cold bath, but a cold sponge bath, to be taken in sections as described above, will always be healthful and stimulating to everyone. The most healthful and sanitary bath, if you are able to obtain it, is a shower bath, for fresh water is continually flowing and you are not using the same water twice or getting some one else's dirt, which is quite often the case in tub bathing when the tub is not properly cleaned.

Always start the shower bath with warm water, letting it gradually get as hot as you can stand it. For cleansing use pure castile soap and a flesh brush. Clean yourself from head to foot and don't be afraid to rub hard with the brush. When clean, gradually let the water run cold, then hot again, repeating this several times, always finishing your bath with cold water and rubbing your body with a rough towel until the skin is pink.

Care of the Bowels.

If you have constipation it is one of the first things you must try to overcome, but if it has been of long standing it will take a long time to correct. The causes of constipation are many. First, poverty of food. Those who eat very sparingly at all the meals of the day do not have sufficient vigor of peristalsis to move the bowels. Second, concentrated food or any that is too highly nutritive. Third, astring-

gents, such as tea, brandy or claret, which check the flow of juices into the intestines. Fourth, indigestible food, which often ferments and generates gases that keep out the juices. Fifth, over-eating, which prevents the liver from acting. Sixth, imperfect mastication. This leads to stomach weakness and a consequent depression of the whole digestive system. Seventh, sedentary habits. Eighth, wrong food selections. Ninth, lack of daily exercise. Tenth, continual use of medicines, drugs and stimulants. By correcting these causes you will surely correct constipation. In normal condition the bowels should move at least once a day. It is better to have them move twice. Until they are in that condition you must assist nature by artificial means for relief, for constipated bowels are self-poisoning. The least injurious remedies are flushing the colon, or drinking one teaspoonful of table salt with one-half of a glass of hot water.

How to Flush the Colon.

Get a Red Seal bulb syringe or any other strong, well-made BULB syringe—a fountain syringe has not enough force to get the water on the right side of the colon and is therefore a failure in flushing the colon.

Get a two-gallon china pitcher; fill with boiling hot water and cool down with cold to blood heat or as hot as your hand can stand it easily; put in water two or three tablespoonfuls of

common salt and stir well. You are now ready for the colon flushing.

Put the water (if right handed) on the right side of the water closet, reverse if left handed. Undress and keep on nothing but your underclothes; sit on water closet and insert tube in rectum, with the other end of tube in water pitcher, and press on bulb from five to ten times. Let the water run out in closet and repeat two or three times; then try to put in fifteen or twenty bulbfuls of water, which will be at least a quart of water; let this run out and then try and put in one-half gallon of water. Hold this water five or ten minutes and massage your bowels from right to left; then let the water run out. This completes the colon flushing. Clean and sterilize the syringe and then go to bed. If your constipation has been of long standing repeat the colon flushing every night until your bowels become normal, which means at least one complete passage every day. After a few weeks you ought to be able to inject as much as a gallon of water without any trouble. Stop putting in any more water when you feel the first sign of pain in the bowels. The only objection that is raised to colon flushing is that it is unnatural. My answer to this is that physic and constipation are also unnatural and injurious to health, while colon flushing is conducive to health.

Form a habit of having your bowels move at a certain time. The best time is right after your breakfast. Constipation is always curable

by proper nutrition and proper exercises, but not by either one alone.

In order to regain good health and maintain it you must learn from these instructions what is good for you and must learn what is bad for you. You must do what is good for you and cut out what is bad for you. What is good for you may not be good for others, for no two persons are just alike. Each one is a law unto himself.

FOOD AND DIGESTION.

Food that you crave is easier to digest than food you do not crave. In normal conditions of health this is a good guide, but not when you are in an abnormal condition. The chronic sufferer's palate always craves food which the stomach cannot digest, therefore, it is foolish to tell a sick man who is food poisoned to eat what he likes. Almost everybody eats what he likes and almost everybody has a weak stomach.

A remark you often hear is: "I eat everything," and the speaker thinks he knows it all. But he neither knows nor thinks, for this very same person is always letting someone else think for him and paying him well for it. This someone else is either the drug store, doctor, sanatorium or undertaker. He doesn't know that over seventy-five per cent of our city food is not fit for any human being to eat, that it is either adulterated, poisoned, embalmed with poisonous chemicals, unripe or decayed, has lain for years in cold storage or has been made indigestible by an incompetent cook.

Your tongue is a guide to the condition of your stomach and bowels. If your tongue is coated and you have an unpleasant taste in your mouth you may be assured that your whole digestive tract is knocked out.

The cause is always wrong food and drink or medicines.

Most people are sick because they eat too much and pay too much for bad food; breathe too much bad air and not enough fresh, pure, free air. They only eat to gratify their palates, instead of eating to nourish their bodies and give them heat and energy.

Cut down twenty-five per cent on your daily food and increase fifty per cent on your daily supply of outdoor, pure, free air by walking fast or running slow. Cut out all stimulants, such as TEA, COFFEE, ALCOHOL and TOBACCO, and drink more pure water, and you will increase your health and efficiency and decrease your high cost of living, by saving DOCTOR BILLS, DRUG BILLS, LIQUOR BILLS, TOBACCO BILLS, and reducing your BUTCHER and GROCERY BILL. You can get air and water for nothing—why not use more of them?

Foods that are good for the sick will also be good for the well, but foods that are good for the well may not be good for the sick. Never eat the skins of meat or fish. Never eat the fat part of any meat or fish. The only animal fat that is easy to digest is cream and butter.

Your body fluids are alkali and acids. When they are neutral your digestion is in a healthy condition, but when the acid predominates your digestion will be impaired at once. In order to come back to neutral you must cut out all fruit, especially the sour and acid kind.

all sweets and sugars, soft, starchy food, all sour prepared food. In order to come back to normal you must eat only neutral food, that is, food that is neither sweet or sour. You must eat largely of vegetables, which are alkali, except rhubarb, tomatoes and cucumbers. No person whose stomach fluids are acid can digest milk. When the alkali fluid predominates you must reverse your diet and eat less vegetables and more sour and acid foods.

All raw and acid fruit should be eaten before meals or between meals.

Cooked fruit may be eaten with meals, also the meat fruits, such as raisins, prunes, dates and figs.

What you eat, drink, breathe and think is what you are. You cannot be anything else. If you use these essentials properly you will be well. If you use them improperly you will get sick.

Therefore, have will power enough to abstain and omit all things that do not agree with you and you will be healthy, wealthy and wise.

Physical and mental poise are absolutely necessary to perfect health and the most important factor in the gaining of poise is food, perfectly balanced. As in everything else in Nature, Nature demands poise and balance in the diet. It must not only be balanced as to its nutritive qualities but it must also be balanced with regard to the time required for its digestion, and as to the quantity of acids or alkalis contained in it. Foods that require

one or two hours to digest should always be eaten by persons of sedentary habits or persons in poor health. Foods that require three or four hours to digest are all right for healthy people who obtain a reasonable amount of exercise and foods that require longer than this for digestion should never be eaten except by those who are doing the hardest kind of physical labor. Foods that are quickly digested should never be mixed with those taking a long time for digestion. For example, pork and ice cream, or similar combinations. Try for a few meals eating foods that come within the same class as regards the period for digestion and see what a strain you take from your system.

Food completely digested in the body means liberated energy. Food undigested in the body means self poisoning. It is not how much you eat but what you eat that gives you strength and energy and health.

If you will employ the body actively there will be no weak stomach and no further indigestion providing you will give as much care to your body as you would to your dogs, cats and horses.

Probably there is no possession of man that submits to so much abuse as does the stomach. When the appetite is lacking we whip the poor stomach with stimulants; we tempt it with highly seasoned foods; we crowd into it things it does not require and does not want; in short we do everything we should not and

do not do the one thing we should do. That one thing is to abstain from food. If you are not hungry you do not need food. Wait until you are hungry and do not let the old fashioned idea that you must have so much food every day influence you. Most of us eat too much and if we will obey nature's signal of hunger before we fill the stomach we shall be happier and better for it. And, speaking of stimulants for the appetite, there is no finer stimulant than fresh air. Scientific exercise, taken where there is an abundance of pure fresh air, will give you a real hunger, which is as different from the false appetite produced by stimulants as day light is from darkness.

The effect of scientific exercise is to make a natural demand on the stomach which produces the proper juices for digestion. The food taken is assimilated—that is—it enters into the rebuilding processes of the body and perfect assimilation means perfect health. When the food is not assimilated, as is the case when one overeats or eats improperly, the body is poisoned and the overworked stomach is the first sufferer.

Never check the perspiration suddenly. This is especially true of the perspiration induced by exercise. There is no surer way to get sore muscles and pains of every kind than to cool off too quickly after exercising. A sudden stoppage of the perspiration throws back the poisons that the skin is engaged in eliminating and they go back into the body to cause

trouble. Perspiration is one of the eliminating processes of the body and rids it of waste matter that is not dealt with by the bowels, kidneys or lungs. You can readily see that, to get this process under way and then stop it suddenly is to invite serious trouble.

Therefore, when you are overheated and perspiring, do not rush to an open window or sit in a draught. If you are where you can do it, go to the bath room, sponge off the body with cool water, dry yourself, and put on clean underwear. If this is not possible, remain away from draughts and let the body cool itself gradually. But as soon as possible after perspiring freely it is well to sponge off the skin to remove the remains of the perspiration and the poisons it contains from the skin.

VITALITY IS LIFE.

There is only one cause of perfect, complete and abounding health, and that is Vitality. There is, broadly speaking, only one cause of disease, and that is reduced Vitality.

The man whose Vitality is abundant and overflowing is immune from disease, for Vitality is what fights off and drives out of the system the germs of sickness.

It is when the Vitality is lowered and the resisting power of the body is reduced that disease makes its inroads.

Therefore, the most essential thing for the person who values health and wants to retain it, is to learn how to keep his Vitality at a high mark. Obviously, if you know the things that will increase Vitality and the things which reduce it, you have learned the lesson.

That is what this lesson is for. It presents to you both these in the simplest form possible. One list contains the things you should cultivate and do in order to increase your Vitality and your health. The other contains the things you should avoid. Learn these lists and follow them. The knowledge thus gained will do you as much good as a long and elaborate course of lectures—more good, in fact, for it is in a form easy to remember and lengthy treatises are out of the mind sooner than in it.

Bear in mind from the beginning that you can't increase Vitality with anything you take from a bottle and spoon.

Let me add just a few observations on Vitality, for it is a most important and little considered part of rational living and health building. Vitality is located in the nervous system, which may be compared to a storage battery (the ganglionic cells) and a network of electric wires (the nerves).

If we realize that Vitality is electricity and that it can be drawn from the system as electricity is taken from a storage battery by any good conductor, it will help to guard against its loss. For instance, just as electricity is drawn away by dampness, so is your physical electricity or Vitality drawn away from your body by damp clothing or damp shoes. You can see, from this illustration, the importance of keeping your body well insulated at all times by clothing. This, to a great extent, prevents the escape of Vitality.

Of course, we are constantly using up our stock of Vitality in perfectly proper and legitimate ways, just as Nature intended we should. It is like an electrical plant using up its power. And just as the electrical power is constantly renewed by the engines and dynamos, so is our Vitality constantly renewed by Nature. But she cannot manufacture Vitality fast enough to make up for what is wasted by dissipation and improper habits of life, in addition to what is legitimately used.

This first list contains the things which help Nature to make Vitality and to conserve it for proper use after it is made. They are comparable to the fuel which goes into the great furnaces of the power plant which lights a city or operates a system of street cars. Study these carefully. Make constant use of them. If you do so and avoid the things which waste Vitality, you will find yourself enjoying health which is not only passively good, but positively and aboundingly good.

What Increases Vitality?

Long Range of Respiration, Diaphragmatic Deep Breathing, Sunlight, Pure Air, Pure Food, Pure Water, Proper Exercise, Proper Nourishment, Proper Bathing, Relaxation, Proper Amount of Sleep, Proper Elimination, Recreation, Correct Carriage of the Body, Proper Clothing, Outdoor Life, Cleanliness, Self-control, Thought-control, Cheerfulness, Harmony, Calmness, Happiness, Love and Honesty, Laughter, Good News, Correct Habits, Proper Ingestion, Will Power, Repression, Rest, Courtesy, Mental Culture, Moral Culture, Right Environment, Early Morning Air and Sunbath, Cold Sponge Bath followed by brisk rub, Rapid Movement in Cold Dry Atmosphere, Playing with Children, Well Cared for Skin, Variety of Mental Action, Right Kind of Games, Rapid Walking with Deep Breath-

ing, and a Bright and Sunny Disposition. If you haven't it now, you can get it if you work hard enough for it. Learn to forget. Learn to relax. Learn to enjoy each day what that day brings you and let troubles of each day be troubles of that day only. It isn't easy unless it comes to you naturally, but it can be done.

The above are the most important things for the increase of Vitality. Perhaps you cannot make use of all of them. It is very likely that you cannot. But adopt as many of them as you can. Practice them religiously, bearing in mind that every time one of these is made use of it adds by just so much to your store of vital energy and increases your power to resist disease and age.

The things which reduce Vitality make a longer list, and it is for most people harder to abstain from them than to adopt the preceding list, probably because bad habits are easier to acquire than good habits. Study this list, however. Familiarize yourself with its contents. Your own good sense will tell you at once that they will deplete your vital forces. Then, after you know what they are, **cut them out**. With the positive effort of making use of the first list and the negative work of dropping the things on the second list, you will find that you are storing up life electricity, vital energy or Vitality that one day you will be mighty glad to have on hand.

Things that Reduce Vitality.

Stagnant Air, Feeble Breathing, Sedentary Habits, Adulterated Food and Drink, Cold Storage Food, Badly Combined Food, Poor Cooking, Bolting Your Food, Hot Rooms, Dark Rooms, Too Much Sleep, Too Much Hot Bathing, Stimulants, Alcohol, Coffee, Tea, Lack of Sleep, Pain and Suffering, Despondency, Overwork, Overexercises, Sameness of Life, Sameness of Thought, Mental Anguish, Languid Action, Slow Walking, Indigestion, Laziness, Overeating, Constipation, Diarrhoea, Inactive Skin, Wet Hair, Wet or Damp Feet, Wet or Damp Clothing, Damp Atmosphere, Bad Ventilation, Acid Poison from Soda Fountains, Iced Drinks, Continual Use of Drugs, Improper Carriage of the Body, Great Activity Immediately Before Eating, Sleeping on Full Stomach, Hot Sleeping Rooms, Perspiring Body Exposed to Cold or Damp Air, Excessive Sexual Indulgence, Self Abuse, Dissipation, Nicotine, Fear, Worry, Hatred, Envy, Bad News, Bad Temper, Overexcitement, Lack of Self-control, Nagging, Jealousy, Wrong Habits, A Guilty Conscience, Carbonic Acid Gas from Automobiles, Smoking Chimneys, Animal Exhalations from Domestic Animals or from Crowds of Human Beings, etc., All Jerky Motions, Excess of Any Kind, Too Much Clothing or Not Enough Clothing, Wrong Diet, Dirt, Indoor Life, Impeded Breathing from Adenoids or Inflamed Tonsils, Overin-

dulgence in Cold Water Bathing, Misplacements of the Various Organs of the Body, Dislocations of the Structure of the Body, Direct Rays of the Sun in Hot Weather, Fads and Hobbies, if carried to extremes.

It may be taken as an axiom that anything that impairs the circulation must reduce Vitality.

Now, as I said before, you can't perhaps cut out all of these things. You can't avoid bad news, for instance, if it is coming to you, but you can cut out enough of these things to make a very substantial difference in your health. So go at it and dispense with them; it will pay you well to do so.

Learn to omit, for omission is the greatest teacher of health.

Get Enough Sleep.

It is while you are sleeping that the food you ate is digesting and being transformed into new tissue, new blood, bone nerve muscle and brain. When you lose sleep you are throwing away Nature's opportunity for rebuilding. Maybe Edison can get along with five hours sleep and maybe Napoleon only needed a cat nap once in a while. Most of us, however, are neither Edisons nor Napoleons. You need enough sleep to repair the tissue you used up in the day time. Get it. Don't let anything interfere with your getting it. You may miss

an evening's engagement now and then or you may have to let some job go over until next morning, but you will have a lot more days to work in and play in if you see to it that you sleep long enough.

Retire from business every night when you go to bed. Start in business anew every morning.

Life must be expressed. Exercise is a distributing agency. But the material distributed by exercise cannot be any better than the food you eat, because it is from that food that the material is made. To cure disease by exercise alone is impossible and to say that it can be done would be folly. But scientific exercise, proper food and personal cleanliness, within as well as without, will make the sick man well.

The vital organs are the heart, lungs and stomach. If we want to be strong and healthy we must begin at the foundation and make these organs strong and healthy. When they are right, it is easy to develop the other organs and muscles.

Drinking.

There is one beverage that an all wise Creator provided for his children and that is pure, clear, cool water.

You can get along without any other sort of liquid, but if you are deprived of water you

suffer torments and unless relieved death comes soon.

The human race as a rule drinks far too little water. Every adult should drink at the very least, three pints of pure water daily. And if that quantity is doubled it will do no harm.

You wouldn't think much of a sewage system that didn't have plenty of water to flush its pipes would you? Then just consider that the sewage system of your body needs water just the same way.

Besides that, more than three-fourths of the human body is water. And it requires a constant fresh supply to keep things going.

I don't mean to say that you shouldn't drink anything but water. That would be foolish. Milk, coffee and tea—in moderation—or substitutes, all these things are well enough in their places, and for well people. But don't let any of them take the place of good water. And sick people should avoid their use.

The soda fountain drink, charged waters and similar tempting things are good to let alone. They do not quench thirst and they do exercise a bad effect on the stomach if their use is persisted in.

Use sense in drinking as you do in eating. But be sure to get plenty of good pure water in your system every day.

Water is good whether taken hot or cool. But ice water is an invention of the evil one. Let it alone.

FOOD.

There is no more important thing in life than food. And there is nothing in life that we pay less attention to than food.

I don't mean by this that we neglect the matter of eating. In fact we would be better off if we would neglect eating a little more. We pay too much attention to the preparation of things that taste good and to the eating of them, without reference to their possible effect on health.

And most of us eat too much. If we would take a lesson from the animals and learn to eat when we are hungry and to abstain from food when we are not hungry, we would be a healthier and happier race.

A good share of our eating is a matter of habit. We think we must eat three meals every day, regardless of whether we are burning up all we eat in the process of living or not. When meal time comes our stomachs, trained to receiving a consignment of stuff at regular intervals, begin to get ready and the symptoms that follow make us think we are hungry. The chances are we are not hungry at all. If we happen to be deprived of that meal, the stomach will soon be as comfortable as ever and in fact, a good deal more comfortable.

A good test of when to eat is when the thought of the simplest, plainest food is tempt-

ing and brings the water to your mouth. Then you are really hungry and need something to eat. And when you are in that condition, plain, substantial, wholesome food will taste better than all the messes the highest priced fancy cook can produce.

America has been known for years as a nation of dyspeptics. And America cooks claim to be the best professors of the art in the world. But the art of cooking, as professionally practiced, runs chiefly to the preparation of things that gratify the palate. Tastily seasoned messes, composed of foods which when brought into combination in the stomach produce rank poison, are dished up daily at the home tables, restaurants and hotels of the land. And because these messes stimulate the appetite and taste good, people eat more and more of them until, as a result of their gluttony and ignorance, they find themselves in failing health, their bodily powers diminishing and old age coming on years before it should even be thought of.

I am a firm believer in good things to eat. I know as well as any man and better than most men, the absolute importance of well cooked, well served meals. I know that the food which is not relished, however high its nutritive value, does the body little good. But I know just as well, that wrong food and too much food is the basis of most of the ills that flesh is heir to.

The body that is properly fed and nourished, which is given daily doses of fresh air, pure water and wholesome food in proper quantities, is practically immune against disease of any kind. But, when the food is wrong the vital functions are impaired and attacks of sickness meet with lowered resistance. Sickness not often attributed to wrong feeding can be traced directly to that source. It is almost an axiom that if the stomach is well the entire body will be well. But, if the stomach is weak, if it has been abused, the whole body is weak and sick. And while the stomach itself may send up no signals of distress, you will know, by other symptoms of illness, that you have treated it wrong.

Eat right and you will be right.

Here are sample menus for different meals. They consist of wholesome, nourishing food, properly combined, for the correct combination of foods taken at a meal is of great importance. These menus are especially valuable for the traveller. They are composed of foods digesting in from one to two hours.

The following menus have been prepared by me with great care for the guidance of those who desire to eat perfectly balanced foods and who have not the time or inclination to study out the proper combinations. It will be observed that there is a sufficient number of menus to provide pleasing variety for a long time, thus avoiding any monotony, which is the great evil of the diets usually hastily pre-

scribed by those who have merely dabbled in the question of food values and balanced diet.

In preparing these menus I have also endeavored to present such combinations as will suit not only the different palates, but also the different pocketbooks. If you are wealthy and desire certain delicacies which cost money you will find them in their proper combination with other foods in these menus. If you cannot afford these luxuries you will find here, menus containing the same nutritive value and the same accurate proportions but which are **much less expensive.**

I urge the careful study of these menus and their adoption by any person whose digestion is even slightly impaired. The well person will doubtless not adopt them, although the use of these menus by the people in perfect health will go far toward maintaining that health indefinitely. For it is the indiscreet use of foods by well persons that creates invalids and dyspeptics. I have said this before, but I cannot too strongly repeat it. The time to lock the stable door is before the horse is stolen. The time to look after your health is while you have it—not after you have ruined it with wrong eating, drinking and other wrong habits.

It will be noted that I have suggested various beverages in the different menus. These may be changed about to suit individual taste.

For instance, if you prefer hot water and cream you may use this with any or all of the menus. Or Lachenmaier's Health Drink or Postum may be used exclusively or whenever desired. The only thing I urge in this respect is that no beverage be used that is not mentioned in these menus.

DIET LIST A.

Balanced Menus for Persons Suffering from Malnutrition.

Breakfast No. 1

Two soft-boiled eggs,
Two pieces wholewheat bread toasted,
One cup of Lachenmaier's Health Drink
with cream or
One cup of hot water with cream.
Use no sugar.

SUGGESTION

The best way to boil eggs, is to get the water to the boiling point, then take it off of the stove, drop in the eggs and leave them in the hot water for eight minutes. Never eat bread or baked starches unless they are 48 hours old. If you have no appetite, take one egg and one bran muffin, in place of two.

Breakfast No. 2

Two soft-boiled eggs,
Two bran muffins,
One cup of Lachenmaier's Health Drink
with cream or
One cup of hot water with cream.
Use no sugar.

Breakfast No. 3

Two poached eggs,
Three pieces of zwieback,
Fresh butter,
One cup of Lachenmaier's Health Drink
with cream or
One cup of hot water with cream.
Use no sugar.

SUGGESTION

The zwieback must be baked by my formula which you will find in this book.

Breakfast No. 4

Raw scraped beef mixed with one egg and
seasoned with table salt,
Three pieces of zwieback,
Fresh butter,
One cup of Lachenmaier's Health Drink
with cream or
One cup of hot water with cream.
Use no sugar.

SUGGESTION

How to prepare raw scraped beef. Take one-half pound of lean round steak, put on a platter, take a dull knife and scrape off all the red meat until there is nothing left except the sinew and muscle. Put raw scraped beef on a plate and mix with a raw, fresh egg, season with salt. Use no pepper. This menu should be used only several times a week.

Breakfast No. 5

Two poached eggs,
Two shredded wholewheat biscuit.
One cup of Lachenmaier's Health Drink
with cream or
One cup of hot water with cream.
Use no sugar.

SUGGESTION

Use cream with biscuit, but no sugar or milk. Use no more than one kind of starchy food for a meal. Chew your food until liquid.

Breakfast No. 6

Two soft-boiled eggs,
Cream of wheat,
One cup of Lachenmaier's Health Drink
with cream or
One cup of beef tea.

SUGGESTION

Cream of wheat must be cooked from three to four hours, serve with cream, use no sugar or milk. While beef tea has very little nourishment, it aids digestion and any hot drink is always more beneficial than a cold drink to a weak stomach. Eat one breakfast-food dish of cream of wheat.

Breakfast No. 7

Blue Label cream cheese,
Two pieces of wholewheat bread,
One cup of Lachenmaier's Health Drink
with cream or
One cup of hot water with cream.

SUGGESTION

One-half of a ten-cent cream cheese with two pieces of wholewheat bread make a perfect meal and will keep you well nourished for five hours, even by hard work. With this breakfast, I have walked twenty miles at the rate of four miles an hour and was not very tired or hungry.

Breakfast No. 8

Soft scrambled eggs with sweet breads,
Three pieces of zwieback,
Fresh butter,
One cup of Lachenmaier's Health Drink,
Three stewed prunes.

SUGGESTION

You must be sure that the sweet breads are absolutely fresh. If otherwise do not eat them. Prunes must be of the sweet kind; do not sweeten them or eat the juice; eat them dry with the zwieback.

Breakfast No. 9

Minced ham with scrambled eggs,
Two pieces wholewheat bread,
Fresh butter,
One cup of Beef Tea.

SUGGESTION

When you eat bread for breakfast you need no other kind of starchy food, and when you eat cereals for breakfast, you must not eat bread. There is always danger of fermentation which is the cause of gas in the stomach, when you eat too much starch or sugar.

Breakfast No. 10

Scrambled eggs and baked potatoes,
Two pieces of toasted wholewheat bread,
Fresh butter,
One cup of Lachenmaier's Health Drink.

SUGGESTION

Scrambled eggs must be soft and made with milk. Baked potatoes, must be mealy not soggy.

Breakfast No. 11

Scrambled eggs and broiled bacon,
Two pieces whole-rye bread,
Fresh butter.
One cup of beef tea, or Lachenmaier's
Health Drink.

SUGGESTION

Be sure and get the leanest bacon you can get and do not broil it until it gets crisp. Crisp bacon is indigestible.

Breakfast No. 12

Milk omelet,
Baked potatoes,
Two pieces of graham bread,
Fresh butter
Lachenmaier's Health Drink or beef tea.

SUGGESTION

The omelet must be soft and not dried out.
The baked potatoes must be mealy not soggy.

Breakfast No. 13

Asparagus omelet,
Mashed potatoes,
Three pieces of zwieback,
Fresh butter.
Two figs,
Lachenmaier's Health Drink.

SUGGESTION

Eat the figs while eating the zwieback.

Breakfast No. 14

Broiled scraped beef,
Two pieces wholewheat bread,
Fresh butter,
Three stewed prunes,
One cup of Lachenmaier's Health Drink
with cream.
Use no sugar.

SUGGESTION

Prepare the scraped beef like formula No. 4,
broiled in place of raw.

Breakfast No. 15

One broiled squab,
Mashed potatoes,
Two pieces whole-rye bread,
Fresh butter,
Three stewed prunes,
One cup of beef tea.

SUGGESTION

Potatoes must be mealy not soggy.

Breakfast No. 16

Small tenderloin steak,
Baked potatoes,
Two pieces of rye bread
Baked apple,
One cup of Lachenmaier's Health Drink.

SUGGESTION

Apples must be sweet and mellow. If not, do without ; steak must be rare broiled.

Breakfast No. 17

Spring chicken broilers,
Mashed potatoes, or
Baked potatoes,
Two bran muffins,
One cup of Lachenmaier's Health Drink.
Use no sugar.

SUGGESTION

Potatoes must be mealy not soggy. Eat the prunes with the bran muffins. Do not eat the juice of the prunes.

Breakfast No. 18

English mutton chops,
Baked potatoes,
Home made rye bread,
Sweet baked apple,
One cup of Lachenmaier's Health Drink.
Use no sugar.

SUGGESTION

Do not eat the skin or fat of the mutton. The mutton must be rare broiled. The apples must be sweet and mellow. Use cream but no sugar.

Breakfast No. 19

Broiled sirloin steak,
Baked potatoes,
Two pieces of rye bread,
Fresh butter.
One cup of Lachenmaier's Health Drink,
One sweet baked apple.
Use no sugar.

SUGGESTION

All beef must be rare, not well done. Use cream but no sugar on apple.

Breakfast No. 20

Home chopped broiled hamburger steak,
Baked potatoes,
Two pieces home made whole-rye bread,
Fresh butter,
One cup of hot water with cream or
One cup of beef tea.

SUGGESTION

Prunes must be sweet, do not eat the juice of the prunes. Do not buy chopped steak from your butcher, buy the round steak and chop it at home.

Breakfast No. 21

Two soft-boiled eggs,
Grape-nuts, breakfast food,
One cup of Lachenmaier's Health Drink
with cream,
Three stewed prunes.
Use no sugar.

SUGGESTION

Use cream with breakfast food but no sugar.
Eat no bread when you eat cereals.

Breakfast No. 22

Brook trout,
Mashed potatoes,
One piece of wholewheat bread,
Fresh butter,
One-half dozen sweet cherries,
One cup of Lachenmaier's Health Drink
with cream.
Use no sugar.

SUGGESTION

All fish must be absolutely fresh. There is nothing that will bring on ptomaine poisoning quicker than tainted fish. Do not eat cherries unless they are sweet and ripe.

Breakfast No. 23

Planked white fish,
Escalloped potatoes,
Sweet baked apple,
One piece whole-rye bread,
One cup of Lachenmaier's Health Drink
with cream.
Use no sugar.

SUGGESTION

Apples must be sweet and mellow. Fish must be caught the same day you eat it.

Breakfast No. 24

Broiled frog legs,
Mashed potatoes,
Three pieces zwieback,
One cup of beef tea,
Fresh butter,
Three stewed prunes.

SUGGESTION

Eat the prunes and zwieback together. Frog legs must be fresh, if not, do not serve them.

Breakfast No. 25

Halibut steak,
Escalloped potatoes,
One piece whole-rye bread,
One cup of hot water with cream,
One dozen sweet raisins.
Use no sugar.

SUGGESTION

If you do not know how old the fish is, do not eat it.

DIET LIST A.

Balanced Menus for Persons Suffering from Malnutrition.

Dinner No. 1

Broiled porterhouse steak,
Baked potatoes,
Green string beans,
Head lettuce,
Rice custard pudding,
One cup of Lachenmaier's Health Drink
with cream.
Use no sugar.

SUGGESTION

Steak must be rare broiled; do not eat the skin, tendon or fat. Baked potatoes must be mealy not soggy. Use olive oil and salt on lettuce, do not use vinegar. Be sure oil is pure. Olive oil must be kept in a cool place, otherwise it gets rancid.

Dinner No. 2

Roast beef,
Mashed potatoes,
Boiled green peas,
Tapioca pudding,
One cup of Lachenmaier's Health Drink
with cream.
Use no sugar.

SUGGESTION

Roast beef must be rare; do not eat fat or skin. Potatoes must be mealy not soggy. Eat no bread when you have pudding.

Dinner No. 3

Broiled sirloin steak,
Escalloped potatoes,
Green corn on cob,
Green parsley,
One cup of Lachenmaier's Health Drink,
Bread custard pudding.

SUGGESTION

Sirloin steak must be rare; do not eat the fat or skin. Green corn must be sweet and milky, if not, leave alone.

Dinner No. 4

Broiled tenderloin steak,
Boiled potatoes,
Stewed carrots and green peas,
Green celery,
One cup of Instant postum,
Two pieces home made rye bread,
Fresh butter.

SUGGESTION

The tenderloin steak must be rare not well done. Do not eat the tendon or skin. Potatoes must be boiled with the skin on until mealy. When you eat bread eat no pudding or any other starchy food except potatoes.

Dinner No. 5

Beef loaf,
Baked potatoes,
Boiled onions,
Water cress,
One cup of beef tea,
Two pieces wholewheat bread,
Fresh butter.

SUGGESTION

Potatoes must be mealy. Onions must be boiled in milk.

Dinner No. 6

Stewed lamb,
Mashed potatoes,
Mashed squash,
Ripe olives,
One cup of Lachenmaier's Health Drink
or one cup of Instant postum, use
cream, but no sugar.

SUGGESTION

Eat only the lean part of the meat, the mashed potatoes must not be soggy.

Dinner No. 7

Irish stew,
Boiled potatoes,
Mashed pumpkin,
Lachenmaier's Health Drink with cream,
but no sugar,
Custard pudding.

SUGGESTION

If pumpkins are out of season use any other vegetable in season. If your work is sedentary, eat meat only once a day, preferably at noon.

Dinner No. 8

Roast leg of lamb,
Mashed potatoes,
Mashed kohlrabi,
Green parsley,
Sago pudding,
One cup of Lachenmaier's Health Drink
with cream, but no sugar.

SUGGESTION

Do not eat the fat part of the lamb. Potatoes must be mealy. Chew your food until liquid for perfect ingestion helps perfect digestion.

Dinner No. 9

Boiled butt of ham, with lentils and
potatoes,
One piece of wholewheat bread,
Fresh butter,
One cup of Lachenmaier's Health Drink.

SUGGESTION

Eat only the lean part of the ham. This makes a perfect meal without anything else.

Dinner No. 10

Boiled blue fish,
Mashed potatoes,
Water cress,
Mashed spinach,
Lachenmaier's Health Drink,
Rice custard pudding.

SUGGESTION

When you have pudding you must not eat bread.

Dinner No. 11

Soup,
Puree of peas,
Planked white fish, garnished with green
parsley,
Mashed potatoes,
Asparagus,
One cup of Lachenmaier's Health Drink,
Prune whip pudding.

SUGGESTION

Do not eat the skin or fat of the fish. Peas must be strained. Potatoes must be mealy.

Dinner No. 12

Soup,
Asparagus,
Broiled oysters,
Mashed potatoes,
Water cress,
Tapioca pudding,
Hot water and cream.

SUGGESTION

Eat no oysters out of season. Oysters like fish must be absolutely fresh.

Dinner No. 13

Soup,
Puree of potatoes,
Black bass,
Mashed squash,
Boiled onions,
Rice pudding.

SUGGESTION

Do not eat the fat or skin of the fish. Never eat fried fish.

Dinner No. 14

Planked brook trout,
Mashed potatoes,
Kohlrabi,
Green parsley,
Custard pudding with raisins.

Dinner No. 15

Soup,
Cream of celery,
Spring pigeons,
Mashed potatoes,
Mashed kohlrabi
Head lettuce with olive oil and salt,
Custard pudding.

SUGGESTION

Kohlrabi must not be old. Potatoes must not be soggy.

Dinner No. 16

Soup,
Puree of vegetable,
Lake trout,
Mashed potatoes,
Green corn on cob,
Green parsley.

SUGGESTION

Never eat soup that is fat. Soup that is fat is indigestible for a weak stomach.

Dinner No. 17

Soup,
Chicken soup with egg,
Chicken fricassee,
Boiled potatoes,
Stewed onions,
Bread pudding.

SUGGESTION

Chicken soup must not be fatty. Chew the bread pudding until liquid.

Dinner No. 18

Soup,
Cream of celery,
Roast spring capron,
Escalloped potatoes,
Mashed squash,
Head lettuce,
Hot water and cream, use no sugar.

SUGGESTION

Use olive oil and salt with lettuce, no vinegar.

Dinner No. 19

Broilers,
Mashed potatoes,
Cream asparagus
Green celery,
Ripe olives,
One-half cup of coffee, mixed with one-
half cup of hot milk. Use no sugar.
Prune whip pudding.

Dinner No. 20

Soup,
Cream of asparagus,
Prairie chicken ,
Baked potatoes,
Mashed pumpkin,
Water cress,
Rice custard pudding,
Lachenmaier's Health Drink.

SUGGESTION

Use olive oil and salt on water cress, no vinegar. If not very hungry, cut out the pudding and drink.

Dinner No. 21

Soup,
Onion soup,
One squab,
Mashed potatoes,
Mashed spinach,
Pure ripe olives,
Parsley,
Prune whip pudding.

Dinner No. 22

Soup,
Clam chowder,
Roast partridge,
Creamed potatoes,
Green corn on cob,
Green parsley,
Custard pudding.

Dinner No. 23

Soup,
Oyster soup,
Broiled pheasant,
Escalloped potatoes,
Green celery,
Blue Label cream cheese,
One cup of Health Drink.

Dinner No. 24

Soup,
Puree of peas,
Roast turkey,
Mashed potatoes,
Mashed rutabago,
Green parsley,
Tapioca pudding,
One-half cup of coffee mixed with one-half
cup of hot milk. Use no sugar.

Dinner No. 25

Soup,
Beef juice with egg,
Young pigeons,
Baked potatoes,
Boiled green peas,
Green parsley,
Prune whip pudding.

DIET LIST A.

Balanced Menus for Persons Suffering from Malnutrition.

Supper No. 1

Minced scrambled ham and eggs,
Two bran muffins,
One cup of Health Drink, use cream, but
no sugar.

SUGGESTION

The bran muffins must be one day old. Masticate your food until liquid.

Supper No. 2

Cottage cheese,
Cream of wheat,
One cup of hot water with cream, use no
sugar.

SUGGESTION

Cream of wheat must be cooked from three to four hours.

Supper No. 3

Scrambled eggs with spinach,
Two pieces of wholewheat bread,
Fresh butter,
One cup of Health Drink with cream, but
no sugar.

SUGGESTION

The wholewheat bread must be two days old.

Supper No. 4

Two soft-boiled eggs,
Three pieces of zwieback,
Fresh butter,
One cup of Health Drink with cream.
Use no sugar.

SUGGESTION

Two soft-boiled eggs, and three pieces of wholewheat zwieback, make a perfect meal. I lived on this food, eating the same food three times a day, for two weeks. I walked ten miles a day, attended to my daily work at my office and did not lose one ounce in weight.

Supper No. 5

Milk omelet with asparagus,
A little cream cheese,
Two pieces wholewheat bread,
Fresh butter,
One cup of Health Drink with cream, but
no sugar.

Supper No. 6

Scrambled eggs with bacon,
Two pieces pure home made rye bread,
Fresh butter,
One cup of beef tea.

SUGGESTION

The bacon must be lean and broiled or rare fried. Not crisp.

Supper No. 7

Two poached eggs,
Small piece of cream cheese,
Two pieces of home made rye bread,
Fresh butter,
One cup of hot water with cream.
Use no sugar.

Supper No. 8

Stewed tongue with spinach,
Mashed potatoes,
Two pieces of home made rye bread,
Fresh butter,
One cup of Lachenmaier's Health Drink
with cream, but no sugar.

Supper No. 9

Scrambled eggs,
Baked potatoes,
A little cream cheese,
Two pieces of zwieback,
One cup of beef tea.

Supper No. 10

Two poached eggs,
Lean boiled ham,
Mashed potatoes,
One piece of rye bread,
Fresh butter,
One cup of Lachenmaier's Health Drink.

Supper No. 11

One squab,
Mashed potatoes,
Green parsley,
Two pieces rye bread,
Fresh butter,
One cup of beef tea.

Supper No. 12

Broiled oysters,
Baked potatoes,
Water cress,
Two pieces wholewheat bread.
Fresh butter,
One cup of beef tea.

Supper No. 13

Two poached eggs,
A little cream cheese,
Boiled rice with cream, no sugar,
One cup of Lachenmaier's Health Drink.

SUGGESTION

The rice must be boiled at least three or four hours.

Supper No. 14

Planked white fish,
Mashed potatoes,
Green parsley,
One piece of rye bread,
Fresh butter,
One cup of Health Drink.

Supper No. 15

Cold roast turkey,
Mashed potatoes,
Ripe olives,
Two pieces of wholewheat bread,
Fresh butter,
One cup of Health Drink.

Supper No. 16

Baked lake trout,
Mashed potatoes,
Green celery,
Ripe olives,
One piece of rye bread,
Fresh butter,
One cup of hot water with cream.
Use no sugar.

Supper No. 17

Scrambled eggs,
Cottage cheese,
Rice pudding,
One cup of Health Drink.

Supper No. 18

Cold spring chicken,
Ripe olives,
Two pieces wholewheat bread,
Fresh butter,
One cup of Lachenmaier's Health Drink.

Supper No. 19

Two soft-boiled eggs,
A little cream cheese,
Corn meal,
One cup of Lachenmaier's Health Drink.

SUGGESTION

The corn meal must be cooked three hours.

Supper No. 20

Toasted home scraped beef,
Two pieces wholewheat bread,
Fresh butter,
One cup of Lachenmaier's Health Drink.

Supper No. 21

Stewed lamb,
Mashed potatoes,
Green parsley,
One piece of rye bread,
One cup of hot water with cream.

Supper No. 22

Cold boiled tongue,
Cream cheese,
Two pieces of rye bread,
One cup of beef tea.

Supper No. 23

Raw scraped beef with two raw eggs,
Two pieces wholewheat bread,
Fresh butter,
One cup of Health Drink.

Supper No. 24

Irish stew,
Mashed potatoes,
One piece of rye bread,
One cup of beef tea.

Supper No. 25

Two poached eggs,
Two shredded wholewheat biscuits,
One cup of hot water with cream.
Use no sugar.

In the following tables is presented a balanced diet list for people who are suffering from malnutrition or for people who are well and wish to stay well.

All foods in the first table are classed as protieds or tissue building foods. These foods belong to the two and three hour class of digestion.

Tissue building foods are all lean meats, poultry and game, lean fish, sea foods, beans, peas, lentils, nuts, cheese, eggs, oats and milk.

In the following tables I have enumerated the various kinds of foods with reference to their tissue building and heat producing qualities. The perfect diet for sick and well provides a proper proportion of each class of foods, as I have already explained. Remember, that in combining the protieds and carbons the proportion should be about one-fifth protied and four-fifths carbon.

These tables should be studied carefully and from them the menus should be worked out carefully. They cover a sufficient range of foods to provide menus for an entire life time without becoming tiresome. But, remember that they must be combined with proper reference to their tissue building and heat producing qualities. Otherwise they will do no more good than any improper diet would.

The list is composed of foods that digest in from two to three hours.

Meats.

Broiled, boiled, roasted or steamed	English mutton chops
Porterhouse steak	Irish stew
Sirloin steak	Boiled ham (lean)
Tenderloin steak	Lack Schinken
Home chopped beef.	Boiled bacon
Home scraped beef	Stewed tongue
Beef loaf	Boiled tongue
Boiled beef	Boiled Sweet breads
Beef stew	Roast tenderloin
Steak in casserole	Pot roast
Roast beef	Braised beef
Roast lamb	Butt of ham
Stewed lamb	Veal fricassee
Broiled lamb chops	Pork tenderloin

Eggs.

Raw white of egg	Poached eggs on toast
Raw yolk of egg	Milk omelet
Raw eggs	Asparagus omelet
Soft boiled egg	Cream omelet
Poached egg	Scrambled egg and parsley
Scrambled eggs	Scrambled egg and baked potatoes
Scrambled eggs and sweet breads	Scrambled Eggs and Minced Ham
Scrambled eggs and broiled bacon	

Poultry and Game.

Roast chicken	Prairie chicken
Stewed chicken	Roast turkey
Broiled chicken	Broiled squabs
Chicken fricassee	Broiled partridge
Broilers	Broiled pheasant
Broiled spring capron	Chicken croquettes
	Stewed pigeons
	Stewed Quail

Fish and Sea Foods.

Black bass	Oysters broiled
Blue fish	Little neck clams
Halibut	Caviar
Perch	Sardellen
Brook trout	Oysters raw
Lake trout	Frog legs
Planked white fish	Oysters stew
	Oysters scalloped

Cheese.

Home made cottage cheese	Philadelphia cream cheese
Liederkranz cheese	Camenbert cheese
Waukesha cream cheese	Blue label cheese
	Limburger cheese

All foods in the following table are classed as carbons. Carbon foods are the foods where heat and energy foods predominate. All starch, all sugars and all fats are classed as carbons. The foods enumerated belong to the two and three hour class of digestion.

Breads and Crackers are Carbons.

Lachenmaier's Home made whole wheat bread	Dr. Kellogg's Zwieback
Lachenmaier's dou- ble baked bread	Home made pure bran bread
Home made pure rye bread	Home made pulled bread
Home made pure graham bread	Benz crackers
Toasted water crackers	Dr. Johnson's Edu- cator Crackers
Home made bran muffins	Fleisher's Gluten Bread
Home made stale white bread toasted	Boston Brown Bread
	Milk Toast
	Cream Toast
	Corn Meal Muffins
	Whole wheat Crackers

Vegetable Carbons.

Baked potatoes	Boiled onions
Boiled potatoes	Asparagus
Mashed potatoes	Stewed celery
Riced potatoes	Green corn on cob
Creamed potatoes	Kohlorabi
Potato cakes	Rutabago
Escalloped potatoes	Brussel sprouts
Mashed squash	Boiled cauliflower
Boiled parsnips	Boiled carrots
Mashed pumpkin	Stewed corn
Boiled green peas	Stewed spinach
Green string beans	Mashed turnips
Artichoke	Stewed lentils

Toasted Breakfast Foods are Carbons.

Shredded whole-
wheat triscuit

Dr. Kellogg's whole-
wheat biscuit

Puffed rice

Puffed wheat

Grape nuts

Kellogg's Krumbles

Corn Flakes

Shredded whole
wheat biscuit

Cereals are Carbons.

Whole rice (cooked
3 hrs.)

Cream of wheat
(cooked 3 hrs.)

Arrowroot

Farina

Tapioca

Samp

Sago

Corn meal mush
(cooked 2 hrs.)

Oat meal mush
(cooked 4 hrs.)

Animal and Vegetable Carbons.

Butter

Olive oil

Cream

Sweet oil

Peanut butter

Pure honey

Puddings are Carbons.

Rice pudding

Tapioca pudding

Custard pudding

Cup custard with
whipped cream

Rice custard pud-
ding

Tapioca pudding
custard

Prune whip pudding

Sago pudding

Bread pudding

Farina pudding

All foods and drinks in this table are classed as "Eliminators" because of their tendency to stimulate regular action of the bowels and kidneys, and belong to the two and three hour class of digestion. }

Liquid Foods Soups.

Chicken bouillon	Puree of vegetables
Mutton broth	Puree of potatoes
Beef bouillon	Cream of celery
Beef juice with egg	Cream of corn
Clam bouillon	Cream of rice
Beef tea	Cream of turnip
Onion soup	Cream of asparagus
Puree of pea	Clam chowder

Green Vegetable Eliminators.

Endive	Celery
Lettuce	Parsley
Dandelions	Young beet tops
Water cress	Raw tomatoes
Head lettuce	Green olives
Ripe olives	

Liquid Foods and Drinks.

Weak black coffee for breakfast.	Albuminized water
L a c h e n m a i e r ' s Health Drink	Lake water filtered and boiled.
Postum Cereal	Pure spring water cool, not cold.
H o t water with cream	Bran water

Lachenmaier's Health Drink is the only substitute for coffee that tastes like coffee. It is very nourishing, and, unlike coffee, non-stimulating. It is the best drink for dyspeptics and nervous people.

Fruit Eliminators.

Baked apples	Black berries
Stewed prunes	Raspberries
Stewed peaches	Figs
Stewed pears	Raisins
Blue berries	Dates

Sandwiches that Belong to the Two and Three Hour Class and a Balanced Diet.

Lean boiled ham and rye bread	Roast beef and rye bread
Cottage cheese and whole wheat bread	Roast chicken and wholewheat bread
Liederkrantz cheese and rye bread	Caviar and rye bread
Waukesha cream cheese and whole- wheat bread	Sardellen and rye bread
Camembert cheese and Benz crackers	Poached egg and wholewheat bread
Philadelphia cream cheese and whole- wheat bread	Tongue and rye bread

MY FOOD BLACKLIST.

For the last twenty-five years I have been pronounced a crank on the subject of pure air and proper exercise. While I am no less of a crank today on the same subject, I am more of a crank on the subject of proper food and drink. The many facts I have obtained about food have convinced me beyond a shadow of a doubt that proper food stands first of all essentials of life. Air is either pure or impure and if one becomes faint or sick from impure air all he has to do is to go out in the open and breathe God's pure free air and in a few minutes he will be well.

But, it is quite different with food. If it isn't pure it is either adulterated, poisoned by drugs, unripe, decayed, spoiled by poor cooks, or it is wrongly combined, and last but not least made indigestible by over eating. All of these may make you sick not only for a few minutes, but for weeks, months and even years. One wrong meal is apt to derange your stomach so that it will take weeks to bring it back to normal, in spite of living up to every rule of health. Having many times suffered from wrong food and drink and knowing that 90% of all sickness is caused by improper food and drink, it is easy to understand why I place proper food ahead of all the essentials of life. The following list of foods has been proved by my experience to be good to keep away from:

Foods and Drinks to be Avoided by Sufferers from Malnutrition.

Including Dead, Adulterated, Poisoned and
Indigestible Foods.

Most of the foods on this list take from
four to six hours to digest.

Meats.

Young veal	Butcher's chopped
Venison	meats
Kidney	Cold storage meats
Fried lard	Cold storage fowls
Liver	Sausage of all kinds
Smoked beef	Corned beef
Fat goose	Young pig
Hard cooked meats	Embalmed meats
Salted meats	All canned meats

Fruits.

Currants	Decayed fruits
Cranberries	Tin canned fruits
Preserves	Hothouse fruits
Jam	All canned jellies
Watermelon	Muskmelon
All sour fruits	

Stimulants.

Alcohol	Strong coffee
All liquors	Strong tea
Champagne	

Drinks.

Chocolate	Cocoa
Sweet lemonade	Vinegar
Ice water	Fat soup
All charged water	Cold drinks of all
All soda fountain drinks	kinds

Vegetables.

Dried peas	Pickled onions
Dried beans	Very old potatoes
Cucumbers	New potatoes
Saratoga chips	Sour kraut
Horse radish	Leeks
Mushrooms	Fried potatoes
Raw onions	Shoestring potatoes
Garlic	Potato salad
Egg plant	Red cabbage
Boiled cabbage	Radishes
Pickles	Rhubarb
Soggy potatoes	

Spices.

Allspice	Catsup
Tobasco sauce	Chili sauce

Fish and Sea Foods.

Crabs	Salmon
Lobsters	Pickled fish
Terrapins	Cold storage fish
Mussels	Fried fish
Oyster patties	Sardines
Shrimps	Crabmeat
Fried oysters	All canned sea food

Cereals, Fats and Sugar.

Buckwheat cakes	Raised muffins
Hot biscuits	Soggy rolls
Fresh white bread	Pancakes
Soggy bread	Candy
Fresh cake	Confectionery of all kinds
Pastry (pie crust and Patties)	All soft breakfast foods if not well cooked
Cookies	Suet
Fresh coffee cake	Fried fats
Doughnuts	Fried gravies
Cane sugar and maple sugar	Molasses
Syrup	

Nuts.

Peanuts	Raw chestnuts
Cracker-jack	Butternuts

Animal Foods.

Old cheese	Cold storage eggs
Honey comb	Fried eggs
Ice cream (if adulterated)	Strong butter
	Germ laden milk

Indigestible Foods.

All unripe fruits	Crisp parts of meats
Skins of all meat, poultry, game, fish and sausages	Crisp parts of pastry
Tendons, muscles and cartilages	Crisp parts of potatoes
	Pickles and all pickled goods

All canned and chemically preserved foods are dangerous. Get them fresh if possible.

GUIDE TO HEALTH FOR SUFFER- ING HUMANITY.

Where to Go and Where Not to Go When You are Sick, Diseased or Deformed

Don't go to a butcher when you need an operation; go to the best surgeon in the country, the best is none too good, for your life depends upon him.

Don't go to the drug store and make a guess of how many kinds of patent medicines you need when you are sick. Go to your family physician and let him diagnose your case and prescribe for you.

Don't go to a shoe maker for club feet, fallen arches or any of the many feet troubles. Go to an orthopaedic physician with many years of experience and practice.

Don't go to a midwife in child birth. Go to a gynecologist. The best is none too good, in order to save the life of mother and child.

Don't go to a Christian Scientist or any drugless healer for a broken bone. Go to a surgeon and let him set the bone and nature will do the healing.

Don't go to a Christian Scientist or take absent treatment for acute infections or contagious disease. Go to the best physician in your community.

Don't go to a barber when you have a tooth-ache and have your tooth pulled. Go to a first-class dentist, he will save your tooth. Good healthy teeth are a God-send to humanity.

Don't go and buy glasses in a department store if your eyes are weak. Go to a physician who specializes in eye, ear and nose. He will diagnose your case and treat them accordingly.

Don't go to a physician for a mechanical misplacement of the body and have him prescribe drugs or liniments for you. Go to a surgeon, osteopath or bone setter and let him adjust the dislocation.

Don't go to a physician and let him prescribe medicine for you if you are a neurasthenic or are suffering from imaginary diseases. Go to a mental healer or a Christian Scientist. They give you nothing, and therefore can do you no harm.

Don't take medicine or use liniment for bruises or inflammations. Go to a physical educator who has had many years of experience in hydrotherapy which means in plain English water treatment.

Don't go to a physician if you are physically and mentally run down, who will prescribe the rest cure and fill you full of tonics. Go to an osteopath or masseur and have him give you passive exercises by manipulation and vibration which will stimulate and invigorate your run down condition. Or, better still, go to a

physical educator and let him teach you the science of health, life and body building.

Don't go to any practitioner no matter how much he claims for his methods in treating chronic disease, for chronic disease cannot be cured by treating.

By chronic disease we mean disease that is of long standing and is therefore just the opposite of acute disease. In acute disease you either get well quick, or you die quick, but in chronic disease you neither die quick nor get well quick. You simply stay a suffering chronic, sometimes getting better and sometimes getting worse, no matter what methods of treatment you take.

A chronic sufferer is one who has for many years violated the laws of nature and goes to extremes in everything he does, but in nine times out of ten it is caused by wrong nutrition or gluttony, or in plain English, wrong food and drink. If chronic disease is brought on by violating the law of nature and wrong food and drink, common sense should tell us that no method of treatment can cure it, except a reversal of the practices that caused it.

It is up to the chronic sufferer himself to get well. He needs no practitioner. He needs a teacher, a health educator who can teach him the science of health, life and body building.

Don't go to the physician who prescribes harnesses, braces, jackets or plaster casts to correct physical defects and deformities of children. It is unscientific and a method of the

barbarous past and generally makes a complete cripple out of the child.

Physical defects and deformities all have a beginning and if the right method is pursued from the beginning they are all easily corrected. Mechanical appliances are unnecessary, inhuman and a torture to the child.

If taken in time, physical defects and deformities can all be corrected, not by medicines, operations or torturing the child but by a scientific course of instruction in therapeutical exercises given by a physical educator who has had many years of experience and practice. The instructions consist of stretching, twisting and bending exercises, muscle education, corrective exercises, vibration and manipulation.

The test as to the sanity and safety of an enjoyment must be found in the degree of usefulness to the system of the individual. If a foodstuff does not lead to increased health, strength and usefulness it is wrong to eat it. For food should have only one object, to render the eater physically more capable to serve his fellow men. The ways of evolution like those of the gospel are two only; God or mammon, health or disease, manhood or beasthood. The result of any indulgence faces us in processes of appropriate retribution; either in form of digestion or fermentation—of nutrition or poisoning.

God hates a quitter, but he hates the person worse who is afraid to begin.

TO PONDER OVER.

Unless you are rich or have a large income, don't continually knock the chicken that lays the golden egg, for some day she might jump the fence and you may lose her income forever. Some never know a good thing until they lose it.

It is not what you were, it is not what you might have been. It is what you are today and what you will be in the future that interests the public. What you were, interests nobody. No star once seen but what it may be seen again. No man, but who may always be what he at one time might have been.

"If all the drugs were poured in the ocean, there would be more healthy people, and more sick fish."—Dr. Oliver Wendell Holmes.

"Nature's plans are perfect if her laws are obeyed. We live not upon what we eat, but upon what we digest and assimilate."—Ralston Health Club.

"Boys or girls from the age of eight to fifteen years have wonderful rapid tissue exchange. Their minds are therefore in the most receptive state, and their body in its most formative stage."

"Nature, for health, demands activity and when you fail to be active, you are a highway robber of health."—Ralston Health Club.

"What you eat **today** is walking around and talking tomorrow."—Dr. J. H. Kellogg.

"Character means the estimate attached to the individual by the community.—Character: Admirable qualities or acknowledged reputation. Reputation: The estimation in which a person is held by others."

"When you have a friend that is true blue, don't change the old one for a new."

"Exercise is the only real means of feeding the body."

"Stop slipping, back up, turn around and walk hand in hand with nature."

"If you have been sick, you have been in war with nature, and every one that has been in war with nature, has been licked or killed. The way to win from nature, is to obey her laws."

"Years are of the calendar, age is of the mind—you can make yourself just as old or just as young as you like. It's all in the mind."

"Honor your body, for it is the temple of your soul."

"It is a law of all animal life that activity and rest strengthen the body and vital organs. Exercise wears out the old tissues and rest repairs the new. Therefore, if you want to stay young, wear out your old tissues and replace them with new."

"Mind is the master builder of the body, for the will is part of the mind, and it is will power that makes you what you are, either rich or poor, sick or well."

Health is like getting an education. It is like the multiplication table. When once you learn it, it is yours forever. No one can take it away. It is a part of your life, and you practice it constantly, unconsciously for the most part, and it is always benefitting you. It is a habit, not a passing fad.

Life is a continual change, it is like addition and subtraction—you are either going up or going down. In health or ill health, increasing in weight or decreasing, getting better or getting worse, you are never standing still, and it is all up to you whether you want to go up in health or down.

My system is devised for the individual who is tired of being sick, and sick of being tired.

Shrouds have no pockets and when you die you are dead a long time.

If you keep your feet warm and dry, your head cool and your bowels open, you will avoid many a cold and suffering.

Good luck, good health, good friend, good cheer, you can will yourself if your mind is clear.

MENTAL POISE.

We are beginning to realize more and more fully the power of the mind in correcting ills of the body and in establishing success, happiness and prosperity. The proper use of the mind, the establishment of the correct mental attitude toward the body, toward the daily tasks and toward our fellow men is most important to the man who wants to preserve his health and to get ahead in the world.

Worry is the greatest curse of mankind. There is an old story of the aged man who, when dying, called his sons to his bedside. "In my long life," said he, "I have worried about many things, most of which never happened." It is so with all of us. We spend in worrying about things which may never come to pass the vital energy that we need to cope with the things which are actually happening and the result is that we approach the real tasks and the real problems of our lives with minds strained and unfitted for their work. Cut out the worry! Worry never made a sick man well and never made a weak bank account any stronger. Take up each problem when it comes to you, give your mind to it, calmly, cheerfully and completely. Then, when you have done with it the best you can do, forget it. If the result is bad it cannot be helped.

and brooding over it only makes it worse. If the result is good, you are to be congratulated, but there are other tasks ahead of you and you haven't time to gloat over what you have already accomplished.

Fear is akin to worry. It is a part of the same evil. We are all of us men, women and children, slaves to fear. We are afraid of ourselves, afraid of other people, afraid of public opinion, afraid of shadows that we create ourselves. And, chained and shackled by fear how can we express ourselves fully, completely and efficiently? It can't be done. We must throw fear away. What are you afraid of anyway? What is there to be afraid of? When you find yourself nursing a fear of something, stop short and sit down quietly by yourself. Figure out what is the worst possible result that can come from the situation that is causing fear. Then confront that situation. Ninety-nine times out of a hundred it is not nearly so bad when you get it into the light and have a good look at it. But if you let yourself be panic stricken, if you let fear ride you, the thing you fear will grow greater and greater until at last it will conquer you and the thing you most dreaded will come to pass. That is what happened to the prophet in the Bible and you are not any better than he was. The law of the universe is love. Hang onto that idea. It may be a new one to you, but it is absolute truth. Think over that idea. Realize it and also realize that perfect love casteth out fear.

I am not going to develop that thought for you. I want you to develop it for yourself in your own way. But keep it in your mind. "The law of the universe is love." You may see lots of things that will make you think to the contrary, but they are things that are against the law.

Don't talk about your troubles. Telling them only makes them worse. And besides that the other fellow hasn't time to listen to them. He wants to tell you his.

Thought has created more sickness, more failure, more sin than any other agency in the world. We can think ourselves into a state of sickness and by proper thinking we can bring ourselves well toward health. But without proper thinking no efforts you can make toward getting and keeping health are going to be worth anything. Fear, hatred, anger, worry, anxiety—all these things produce disease symptoms just as surely as if you had taken physical poisons into your system. Keep your thoughts right. Keep them clean, keep them kind; keep them happy. Think the best of your friends instead of the worst. Think how you can do good for your fellow men and not how you can do them in other ways. Put envy, malice and uncharitableness out of your hearts. Not because these thoughts are sinful, although they are, but because they are bad for you and if you want success, happiness and strength you must get rid of them. The big men and the successful men are the men who

have no time in their lives and no place in their hearts for little jealous, evil thoughts. Thoughts of that kind can soon fill a mind so completely that there isn't any room for success thoughts.

Chewing gum is like worrying about your business. It uses up a lot of energy and doesn't do any good.

You can stay young if you want to. But you must work at the job. The human race for centuries has been trained to the habit of growing old. There was never a more unnecessary thing. You hate to think you are growing old, but just the same you are forcing yourself toward that goal every day. You think when you reach a certain age you must begin to slow up. You begin to talk about it and think about it. And "as a man thinketh in his heart so is he," the first thing you know you are really old. History is full of men and women who, because they did not admit the limitations of years, kept themselves young until they had passed far beyond the allotted span of life.

The one sovereign way to avoid a quarrel is to set a seal on your lips.. Talking causes more quarrels than any other human activity.

One way to keep young is to keep busy. Give yourselves new interests. Get new thoughts. Read new books. Be original. And when you have an original thought don't be afraid of it and bury it in the back yard. That is a habit we all have. We are afraid of orig-

inality in ourselves and in other people. When we have a new thought, we distrust it because it isn't of the same pattern as the thoughts we have been accustomed to. And we hastily bury it out of sight, lest some one else shall see it and make fun of it. But if you can get yourself into the habit of thinking new thoughts about your work, about your daily life, about all things, you'll find that you are perpetually renewing your mind, and the mind that is renewed means youth. Not only mental youth, but actual youth, because the body reflects the mind and the young mind makes a young body. I know this is true. I have passed the age of fifty-eight. Most men at that age think they are old and they begin to arrange to sit in the chimney corner for the rest of their lives. I am today more active physically and mentally than I was when I was twenty-five. My tissues are as young as those of a boy. I can do physical and gymnastic stunts that the average athlete of half my age would pass up as impossible. I can get out with a crowd of young people and have the time of my life. And you don't have to grow old any more than I do. Keep growing. Keep developing. Observe the law of harmony, the law of health. Realize that the world begins anew for you every morning when you wake up. And realize every night when you go to bed that you have done with that day and all its doings.

Work is the big thing to keep a man young and to keep him healthy. But work must be interspersed with rest and with play. The man who grubs at his desk or in his store day in and day out, without pause for proper rest or for wholesome play is going to get old and sick and worn out long before he has any right to be much more than a boy. Learn to relax. Relax your body. Relax your mind. When you sit down to rest sit down in your chair, not on the edge of it. When you lie down at night lie down in your bed not on it. Don't try to hold yourself up in your bed. Sink in it. Let it hold you up. That's what a bed is for. Bring your mind to realize that the day's work is done and the book closed. Declare to yourself that your mind is composed and cheerful and that you are at peace with the world. You may think to the contrary, but if you declare it often enough you will find it is true.

Cheerfulness is an important thing in the matter of health. Don't forget how to laugh. And don't forget to keep yourself in practice by at least one good, hearty, whole souled laugh every day. There are plenty of things to laugh at. Laugh at yourself if you can't think of anything else to laugh at. The Lord knows we are all funny enough if we hold ourselves up to the light and take a good look. And don't laugh with one of those little, two for a quarter chuckles that sounds like water running out of a jug. Laugh out like a man

or a woman. The human animal is the only one that to whom the Creator gave the power to laugh. Then don't lose that power, for without it you are getting close to the level of the dumb animals. Open your mouth, shake up your diaphragm and let go one good, loud, regular man's size laugh every day—oftener if you think of it—and see how much easier life's problems look to you after you have finished. Laugh at your work. I don't mean to make a joke of it. But get in love with your work so you can laugh at it in sheer happiness just as you laugh at your sweetheart or your babies. When you get so you can approach your job in that spirit you are going to make a big success of it whether the job is running a bank or digging a ditch.

Nor love, nor honor, wealth or power, can give the heart a cheerful hour where health is lost. Therefore, be timely wise and strongly guard earth's greatest prize—HEALTH.

Let me repeat. Don't admit that you have any limitations either as to health, bodily strength or success. We have grown into the habit of admitting limitations. They don't exist. They are thought-made things that have no real existence. We were put here on earth in the image and likeness of God and certainly God has no limitations. We are a part of his infinite creation and an infinite creation hasn't any limitations. Make up your mind what you want to do, whether it is to keep healthy, to make a success of your job, or anything other

right and proper thing to do. And then make up your mind that there isn't any limit on your power to do the thing you have set out to do. You'll be astonished to discover how many things you thought impossible become easy to accomplish.

And just because we have been hedging ourselves in with unnecessary limitations we have been admitting doubt, discouragement, fear and worry into our lives with evil effects on our health and our success. We have only been using a part of our powers because we have been telling ourselves that we can't do any more. Wake up. Find out what is 100 per cent of your power and then use it all. Be a 100 per cent man and not a fifty per cent man. There isn't a man or woman today who hasn't latent undeveloped powers. Get busy. Develop these powers. You will find it the best job you ever did for yourself. And you can do it.

Have system in whatever you do, whether it is the job of keeping your body fit, or your mind healthy, or your desk clear, or your bank account alive. Plan your day's work. And after you have planned it—stick to the plan. You can do twice as much and you will find that a whole lot of bewilderment and confusion and hurry and worry will automatically disappear as soon as an orderly arrangement is made. Don't let your work run you. Run your work. That's what you are here for. If you let the job get the upper hand, you are getting

ready to be sick and you will be sick sooner or later.

Remember again. There are no limitations to your mind or its power. Say this to yourself over and over again. Declare to yourself that you are power and strength and wisdom. Make yourself realize by constantly repeating to yourself that there is no limitation to your powers. Realize that you are well and strong. Recognize that you are a success. Declare to yourself the fact that there is no such thing as confusion or weariness or weakness. You will be guided. You will succeed if you realize these things and keep your mind filled with these thoughts.

Don't argue. Don't quarrel. Life is too short, even if you are going to live a hundred years, to waste time in fruitless bickering. If a fellow disagrees with you you don't have to hate him for it. He has a right to his opinion just as you have to yours. It is all right to try to convince him if you are sure you are right and the matter is worth while. But for heaven's sake don't waste your precious time and your vital energy in what the boys call "chewing the rag." There is more nervous prostration caused by this practice than almost any other. Don't set yourself up as a critic or censor of your fellows. It is going to keep you pretty busy taking care of your own thoughts and your own work. If you waste time watching other people and trying to pick out their faults and discover how much better you are than

they, you will find that your own job, which is making the most of your own life, is getting to be more and more of a failure. Help your fellow man when he needs help. But mind your own business. And don't assume to judge the other fellow. Keep your disposition sweet and your stomach will keep sweet. A sour, censorious, fault finding, arguing, "rag chewing" man has got a sour stomach, I don't care who he is or where you find him. And a sour stomach is the root of a vast amount of poor health.

There is a lot to this subject of thought. I have only given you a little outline here. That is all I set out to do. Part of this I have discovered for myself. Part I have learned from others. But I have proved every statement I make here. It's all true as gospel. And I have given you the keys to work out the whole thing for yourself. Take thought. Keep the right thought. Keep sweet, kind, wholesome thoughts always in your mind so there won't be room for hate, or jealousy or fear and you will not only be happier but you will be healthier. Your voice will be pleasanter; your laugh will be truer, your digestion will be better, your meals will taste better and you will be better in every way.

God helps him who helps himself, is an old saw and has more truth to it than poetry. God created the laws of Nature for us to obey and when we violate them, the penalty will be sickness and disease. It is never God's will when

we get sick. It is our own will, fighting the laws that God made for us to live by. God's laws will help you when you are sick, or God's laws will make you sick when you disobey them.

Here is a little daily method that combines the idea for mental and physical poise:

When you wake in the morning, don't turn over and bury your head in the pillows and try to make yourself believe you want to sleep an hour longer. If you have observed the suggestions regarding the time of retiring and the manner of clearing your mind so as to insure good sleep, you don't need any more rest.

Wake up thoroughly. Lie in bed, relaxed, for a few minutes while you realize that you are confronting an entirely new day and an entirely new world. Realize that whatever is ahead of you that day can be handled because there isn't any limitation on your powers. Declare to yourself your power, strength, wisdom and health. Then go to your window, which of course has been open all night and perform the deep breathing exercise described earlier in this book. Do it a dozen times holding always in your mind the fact that that fresh air is building health and strength. Then take five minutes of exercise that will work every muscle. If you like a cold bath take it. Anyway, sponge off the body quickly and rub with a rough towel. Then put on your clothes, eat a sensible breakfast and you will find that you are ready for the day's work, happy.

strong and fearless and prepared to conquer any problem that comes up in the day's work.

"Energy is the cause of effort, not of rest. Energy attracts energy and laziness attracts laziness. You can increase your energy at will, or you can waste it by dissipation, but energy can never grow old, therefore keep up your energy and you will always stay young."

DON'T BUNK YOURSELF.

The American people want to be bunked, and the habit has become so popular to bunk one another, that some have become so daffy about it that they are foolish enough to continually bunk themselves. They continually eat adulterated and poisoned food, they continually drink adulterated and poisoned drinks, they continually breathe adulterated and stagnant air, they continually think poisoned thoughts and continually buy poisoned drugs to drive it all out of their system again, and think they have bunked nature. But, Nature simply smiles and says, "The biggest fool of all is the one who bunks himself," and the devil also smiles and says, "Just keep on bunking yourself and I will get you soon enough."

Mental healing will not, and cannot, effect a permanent cure, unless the patient will endeavor to live in accordance with Nature's laws.

How healthy we might be if our unfortunate prosperity did not make it possible for us to keep on over patronizing the butcher, the grocer, the candy store, the soda fountains, the fruit stores, the restaurants, the brewers, the liquor dealers, and the cigar dealers.

Let Us Smile.

“The thing that goes the farthest towards
making life worth while,
That costs the least and does the most, is just
a pleasant smile,
The smile that bubbles from a heart that loves
its fellow men
Will drive away the cloud of gloom and coax
the sun again,
It's full of worth and goodness, too, with man-
ly kindness blent,
It's worth a million dollars, and doesn't cost
a cent.”

Athletic competition should not be called physical culture, but death culture. The true meaning of physical culture is to build up not to tear down. Disease is not an accident for every pain you suffer there is a sure and absolute cause.

If possession is nine points of law, self-possession is the tenth point in individuality.

A cold is nothing more or less than an effort of the system to throw off through the mucous membranes of the nose and adjoining cavities retained waste matter which should never have been taken into the body. That simply means that a cold is the result of malnutrition or overeating.

The deadly enemies of human life are those that are born within the stomach and in the body through the vicious habit of mixing the classes of food.

Abuse old Mother Nature, and you pay her compound interest in suffering. Sustain her and you get compound interest in health and happiness. You can't cheat.

Blood is only digested food and a common cause of impure blood, is food undigested.

Let me close by saying to you that by acquiring physical and mental poise and obeying the laws of right living you can cheat the undertaker for many years to come and may justly adopt as your motto, "I will live 100 years and die young."

Some Short Thoughts.

There was a fool who made a fortune,
But he died.
The world called him great,
But it lied.

It is far more useful to be told when we are wrong than when we are right, but not half as pleasant.

The whistle makes a lot of noise but it doesn't help to pull the train.

Raising hell dulls the raiser.

Aim high. You may miss, but you are in no danger of hitting an innocent bystander.

Most of us get what we deserve, but you will seldom find a sick man who will admit it.

If you can't do what you like, try liking what you do.

Mistakes in living are like automobiles. You get their number after they have passed.

A foolish thing that makes people happy is sometimes better than a wise thing that doesn't.

Some one said that if a fool would keep his mouth shut he might pass for a wise man. But if he kept his mouth shut he wouldn't be a fool.

When a man fails his friends say he took a chance. If he succeeds they say he grasped an opportunity.

When the going is hard the only thing to do is to go harder.

If you can't get ahead you can at least stand out of the way of the man who can.

While you are climbing to health don't expect someone to hold the ladder for you all the time.

Any man can hope for the best but it takes a regular fellow to expect to get it.

Nothing big and nothing good ever grew in the dark.

Wisdom is only common sense in an uncommon degree.

Even the man whose life is an open book sometimes feels like pasting a couple of the pages together.

Somehow or other, it is always easier to make a mistake than to own up to it.

Don't hide your light under a bushel. It is a better plan to buy a good strong reflector.

A hen doesn't stop scratching just because the worms are scarce.

The man who complains that he is over-worked seldom is.

The man who has a peck of trouble seldom hides it under a bushel.

Be sure you're right but don't be too sure that every one else is wrong.

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